



# ST CLEMENT'S HIGH SCHOOL

West Norfolk  
Academies Trust



Spring Term 2026



# CONTENTS

**A note from the Headteacher**

**Library news**

**World Book Day**

**RAF Marham visit**

**PSHE**

**Reading Challenge**

**Terrington Lodge**

**Cambridge trip**

**STEM Club**

**Eco Club**

**Bar Mock Trials**

**International Woman's Day**

**Music**

**Physical Education**

**WNAT**

**Recipe of the term**

**Young Carers**

**SEND Café**

**Easter Egg Raffle Winner**

# A note from the Headteacher

The Spring Term of 2026 has been a period of immense activity and achievement across all year groups. As we approach the Easter break, I would like to reflect on some of the recent highlights that have made this term so memorable for our school community.

Our Year 11 students reached a significant milestone recently by completing their Pre-Public Exams (PPEs). This was a demanding period requiring focused preparation, and it has been encouraging to see the dedication they applied to these assessments. Following the conclusion of their exams, the year group enjoyed a well-deserved reward trip to Alton Towers, providing a valuable opportunity for relaxation and camaraderie. We also captured a final formal memory of the cohort together during their Year group photograph.



Year 10 students have also reached an important point in their academic journey, having successfully completed their first set of formal exams. These assessments are an essential part of preparing for the rigours of their final qualifications, and we are proud of the maturity and resilience they demonstrated.

Beyond these milestones, the term has been filled with various enrichment successes. A particular highlight for our aspiring legal minds was the Mock Trials competition, where our students showcased exceptional public speaking and analytical skills. Our academic horizons were further broadened by an inspiring trip to Cambridge, and our STEM club has been incredibly active, with students tackling innovative projects and hands-on technical challenges.

The Spring Term also marks the much-anticipated national 'offer day.' I am delighted to share that we are once again considerably oversubscribed; it is heartening to see so many families choosing our school community over their more local options, and we are grateful for your continued trust.

As the last day of term arrives, our Historians are setting off for the Berlin residential trip. My thanks again go to Mr Modica and the team for all their hard work in making this amazing opportunity possible.

These events, alongside the many accomplishments detailed in our latest newsletter, continue to be a source of pride for us all. I would like to thank our students for their hard work and our families for their ongoing support.

I wish you all a restful break and a very Happy Easter.

Mr Willingham—Headteacher

# Library



Could you spare an hour or even two a fortnight? We're looking for volunteers to join our *volunteer adult readers* group.

It involves listening to a student or two read to you. You would be meeting the student on a weekly or fortnightly basis in the school library. You can give advice on choosing the right kind of book, listen to them read a chapter or two and where possible, ask them a few questions about the story to check understanding.

We provide full training and we fund the necessary DBS check that is needed.

We know a lot of students don't read for pleasure and sometimes the only time they read (something other than their phone!) is when they are at school and then it is often reluctantly. We've found that the students build a relationship with their volunteer and actually begin

to look forward to their sessions reading.

If you can help in any way, please

contact:

[r.raffan@stclementshigh.org.uk](mailto:r.raffan@stclementshigh.org.uk)

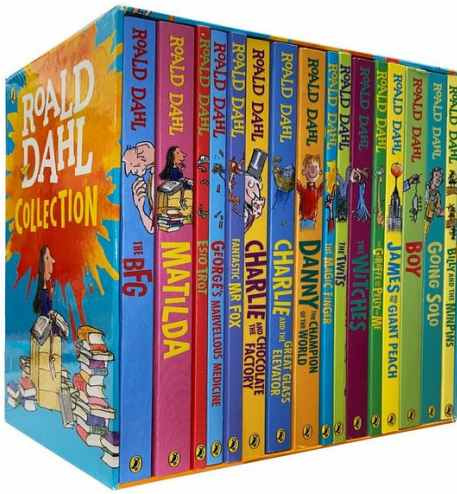
[j.ford@stclementshigh.org.uk](mailto:j.ford@stclementshigh.org.uk)

School Librarians



# Library

## OVERDUE BOOKS



If you decide to have a pre Christmas clear-out and come across any school library books, can you please pop them back into us.

It doesn't matter how late they are, we will just be pleased to have them back!!

Thank you!

We're always on the look out for more books. If you have any laying around gathering dust, we'll happily take them off your hands.

They need to be of appropriate age range (11-16) and in good condition.

We also really need some decorations for the library. If you have anything that would help us out with the following themes, we would be very grateful.

The sort of things we are looking for are:

- Horror section—Scary Halloween type decorations

- Fantasy theme—Harry Potter or wizardly items
- Mystery theme—Spy or detective
- Humour theme—jokey/funny props

Nothing too big please— we only have a small library.

You or your child/ren can drop the books or items in to the library or contact the school office and ask for the library or email:

[r.raffan@stclementshigh.org.uk](mailto:r.raffan@stclementshigh.org.uk)

Or

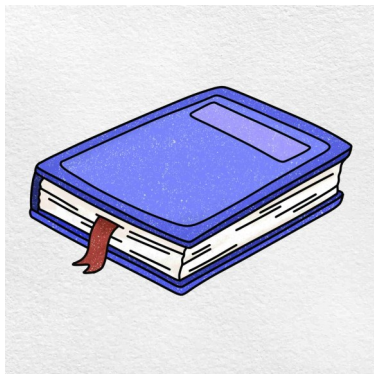
[j.ford@stclementshigh.org.uk](mailto:j.ford@stclementshigh.org.uk)

# Library

We have been really busy in the library again this term!

We always try to change the theme every month to keep students engaged and involved. Since we returned after Christmas, we have had National story telling month, International Woman's Day, World Book Day. We have held writing competitions, some of the students have since had their work published in a book. The competition we are running at the present time is a poetry competition, the details are opposite.

We still have the free book trolley which students can come and help themselves to any book on there, another way we try to get children involved with reading. Any donations that we could add would be greatly appreciated.



From the loud roar of a lion to the soft flutter of a butterfly's wings, nature is full of amazing sights and sounds. *This is your pupils' chance to celebrate the wonders of our world and to share why it matters.*

Competition time in the library. Entries to be handed in by 22nd May.

**Learning Resource Centre**

**Opening Times**

**Monday to Friday: break and lunchtimes**

**After school—3.10 to 4.00 pm**

# Library

## Create Your Own Easter Egg Competition

We have had a competition running over the past couple of weeks where students can create their own Easter Egg. It was very popular which made the decision much more difficult when it came to choosing a winner. The end results were—

First place—Mia year 7 won a big Easter egg.

Joint second—Lola year 8 and Oliver year 10 won a small Easter egg each.

Joint third—Elsie year 7 and Ava year 11 won an Easter bag of haribo each.

Well done to everyone that took part.



# World Book Day

## WBD 2026

We celebrated WBD on 5 March. This year we asked the staff to dress up as a character from a book. We had some great costumes!

We had lots of activities going on throughout the day, the most popular one being the quiz held in the library at lunchtime. Mrs Ford said she was unprepared for how competitive some of the students would be, it was a lot of fun.

The winners, Team Eggs and Ham, got 17 points out of 24. The girls were an impressive team and were awarded book lights from the Really Tiny Booklight Company.

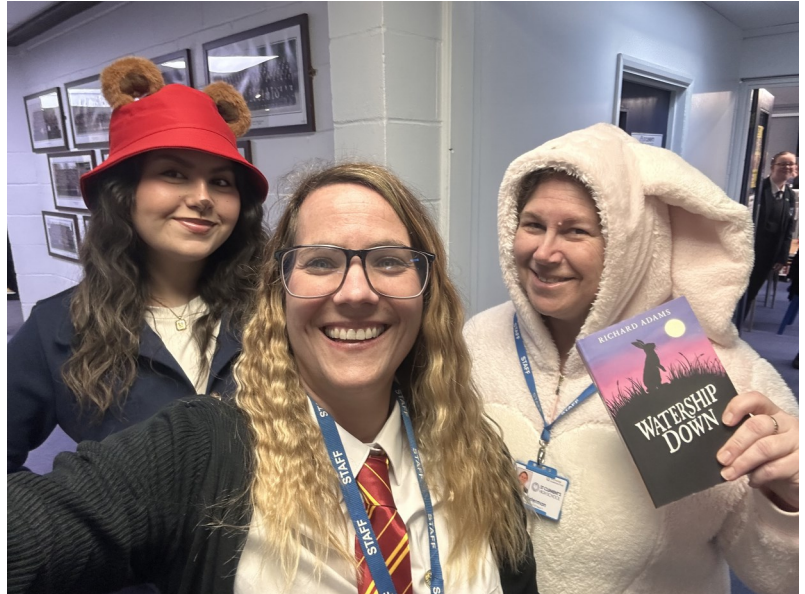
The two teams in joint second place received vouchers from The Majestic Cinema.

The runner up teams all received a treat box to share.

A massive well done to all that took part in the days activities, we look forward to the same next year!



# World Book Day



# RAF Marham

On Wednesday 4th February, a group of students visited the Aviation Heritage Centre and Air Traffic Control Tower at RAF Marham.

The students enjoyed an informative and engaging tour led by curator Steve Roberts MBE, which covered the history of RAF Marham and the greater RAF history from WW1 to the present day.

The tour allowed the students to view over 12,000 artefacts and memorabilia that reflect the history of the Royal Air Force in Marham, East Anglia and beyond.

The displays were arranged in chronological order to help the students understand the historical timeline from the Royal Flying Corps, the First World War, formation of the RAF, WW2, Suez Canal Crisis, the Cold War, the Falklands conflict and Gulf Wars, and up to the present day.

The students were particularly interested in viewing armaments used by RAF Marham aircraft, including the Sidewinder and Brimstone missiles. Another highlight was a WE177 Freefall nuclear bomb, a significant artefact from the Cold war era. Another item of interest on display was a Victor Bomber ejection seat and historic aircraft propellers.

Some students were lucky enough to experience a flight simulator, which took them on a night raid over Berlin in 1943 via VR headsets. The students could join the aircrew virtually and listen to communication over internal radios. This allowed the students a brief insight into the bravery and resilience of the personnel from Bomber Command.

In addition to the visit to the Heritage Centre, the students were given a tour of the Air Traffic Control Centre on RAF Marham. Personnel from Marham made the group extremely welcome and explained the role, concept and functions of the Air Traffic Tower and its staff. The students were able to view a variety of aircraft monitoring equipment and learn about airfield operations.

We enjoyed the unique view of the airfield from the tower and were very fortunate to observe an F35 fast jet taking off during the visit.

Some of our students wish to pursue a career in aviation and the Armed Forces and this visit was very beneficial to learn about the opportunities that are available to them.

# RAF Marham



# PSHE

## **PSHE Updates: First Aid, Smart Phone Free Christmas and Safer Internet Day 2026**

On 12th December Year 8 enjoyed a fully interactive, unique and inspiring learning experience on our First Aid themed Super Learning Day, with particular thanks to one of our librarians Mrs Ford, a former RAF nurse, who used her contacts to bring in a fantastic team of RAF medics.

The visit marked the first time military medics from the Royal Air Force (RAF) have attended the school, and it proved to be a highly valuable opportunity for students. The visiting professionals shared their expertise and provided hands-on, practical sessions that allowed students to develop vital first aid and medical skills.

The RAF medics involved were AS1 Rhianna Winsborrow, who delivered sessions on shock and anaphylaxis; AS1 Harry Brown, who led learning on primary and secondary surveys and the recovery position; and Sgt Lauren Greep, who taught students about fractures, breaks and dislocations. Their sessions were complemented by additional workshops delivered by the school's own trained first aiders, covering CPR, slings and bandages and burns.

Throughout the day, students had the chance to handle real medical equipment, ask questions, and create realistic scenarios to test their skills and knowledge. The interactive nature of the sessions helped bring learning to life and allowed students to experience what it is like to respond in medical emergencies.

Students responded extremely positively to the day, valuing the opportunity to learn directly from medical professionals with a wealth of experience. The visit also offered an insight into medical careers within the armed forces, encouraging students to consider alternative routes into healthcare and broadening their understanding of the many pathways available.

Staff described the day as a great success and thanked the RAF medics for their time, expertise and enthusiasm, which made the Super Learning Day both engaging and memorable for all involved.

Special thanks also go to Head of Year 8 Mr Bailey for his seamless organisation of the day which meant that year 8 got to experience all of the fantastic workshops including Mr Reynolds CPR session and Mrs Ford's informative Head Injury seminar, in addition to the RAF sessions. This was a hugely beneficial event and students were talking about it for days afterwards having learned some invaluable first aid skills.

# PSHE

## **Safer Internet Day 2026**

On 10th February, the PSHE department marked Safer Internet Day 2026, in association with the 'UK Safer Internet Centre'. This year's theme was 'Smart tech, safe choices – Exploring the safe and responsible use of AI'. Tutor groups were given the opportunity to complete an interactive quiz with their form tutors to learn about the safe use of AI and raise awareness of the risks of this increasingly prevalent form of technology. This generated a lot of very interesting discussion. The library also offered activities throughout the week. If you would like more information on parenting and AI please see: <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-parents-and-carers>



## **Smart Phone Free Christmas**

In the run up to Christmas, the PSHE department joined forces with the 'Smart Phone Free Childhood' movement to promote the benefits of an 'Smart Phone Free' Christmas. Phones are now an integral part of our lives, but students were being asked to reflect on when we should be putting our phones away and taking control of our screen time - considering the potential damaging effects of too much time on our phones. Students were invited to create Smart Phone Free Christmas cards in the library and engage in an informative workshop with their form tutors. Tutors were extremely impressed with how the students engaged with this subject and enjoyed taking part. For more information about 'Smartphone Free Childhood' please visit: <https://www.smartphonefreechildhood.org/>

# Reading Challenge

## Reading challenge 2026

We recently ran a competition in the library challenging students to read a book somewhere different.

The idea was that students take a photo of them reading a book in a unique, creative and imaginative place. The message we wanted to emphasize is that the students can read anywhere at various locations outside of school, at home and out and about in the community.

Below is the winning photograph. This was taken whilst Daisy was reading her book and performing a jump at a skate park. Luckily Daisy was not hurt in the process, she managed to land safely!! A very well deserved win, thanks for sharing Daisy!

I have set the staff the same challenge over Easter. The winning photo will be shown in next terms newsletter.

Mrs Raffan



# Terrington Lodge

The students visited Terrington Lodge on 6th February as part of National Storytelling Week.

The students read books of uplifting stories and picture books focussing on different decades from the 1960's-1990's. The students enjoyed hearing the residents reminisce about their lives and it started conversations about sport, hobbies, books and travel.

It was a great opportunity to discuss historical events and revisit memories that the residents shared with the students.

Some of the residents took a turn to read to the students and they clearly enjoyed the experience.

It was a great opportunity to develop their communication skills with a different generation in a unique environment.

This visit helped strengthen the connections between the school and Terrington Lodge and we look forward to going back later in the year.



# Cambridge Trip

Year 10 students enjoyed an informative and fascinating tour of Gonville and Caius College, Cambridge. The college is known as 'Keys' and was founded in 1348. It is situated in the heart of Cambridge and is a vibrant and thriving setting for undergraduates in the city.

We started the day with a presentation focussing on the structure of the 31 constituent colleges that form the University of Cambridge followed by an overview of the vast number of academic courses that are available to study. We learnt about the distinguished Cambridge university alumni across science, literature and royalty. These include Isaac Newton, Charles Darwin, Stephen Hawking, Alan Turing, David Attenborough, William Wordsworth, Lord Byron and King Charles III and many more.

Students currently studying at the college enthusiastically talked to the year 10 students about their personal educational experiences from year 10 onwards which led to them studying at Gonville and Caius College. The students emphasised the 'work hard, play hard' ethos and discussed the balance of studying with extra curricular activities and the array of social opportunities available. The University students explained how support is widely available from senior professors to student mentors .

We were given a tour of the library which has been used since 1441. It houses 350 manuscripts from the medieval era, making it the largest medieval library in the University.

We were then treated to the unique experience of dining in the hall alongside the University students. The hall is decorated with a mix of traditional and contemporary art and stained glass windows and featured in the hall is a large flag that was taken to the South Pole in 1911.

The day concluded with a visit to the University Museum of Zoology where we viewed a whole range of specimens spanning the entire animal kingdom from elephants, giant ground sloths, giraffes, unusual reptiles and a skeleton from the extinct dodo.

At the end of the visit, we all had a new appreciation for all that Cambridge has to offer either from an academic perspective or to simply absorb the beautiful architecture and historical sites. Several students in our year 10 cohort aspire to study at Cambridge and this visit certainly provided the motivation and inspiration to study hard!

Mrs Murkin

# Cambridge Trip

The trip to The University of Cambridge was an eye opening experience that really showed me the possibilities and opportunities that are available after college. The infrastructure and the aesthetics of the different parts of the campus were captivating and influential. The hall was a great place for socialising as was the library which is a massive part of the university life. The tour guide we had was a student that studies at the university and he was really useful as a reliable insight to how the university works and what life is like.

Alex A - Year 10



# STEM Club

STEM Club has had an exciting and investigative start to the term as students began working on our first major project with the University of East Anglia: heat loss in school buildings.

We began by exploring the science behind heat transfer, carrying out two practical experiments to investigate conduction and insulation. These experiments helped students understand how heat moves through materials and how different types of insulation can reduce heat loss.

Using what we learned, students then planned which buildings around the school we would investigate. The club has been applying both scientific knowledge and mathematical skills to analyse how efficiently different parts of the school retain heat.

Members have since been working on U-value calculations to estimate how much heat is being lost from the buildings we studied. We also carried out cost calculations to understand what this heat loss could mean in terms of energy use and financial cost for the school.

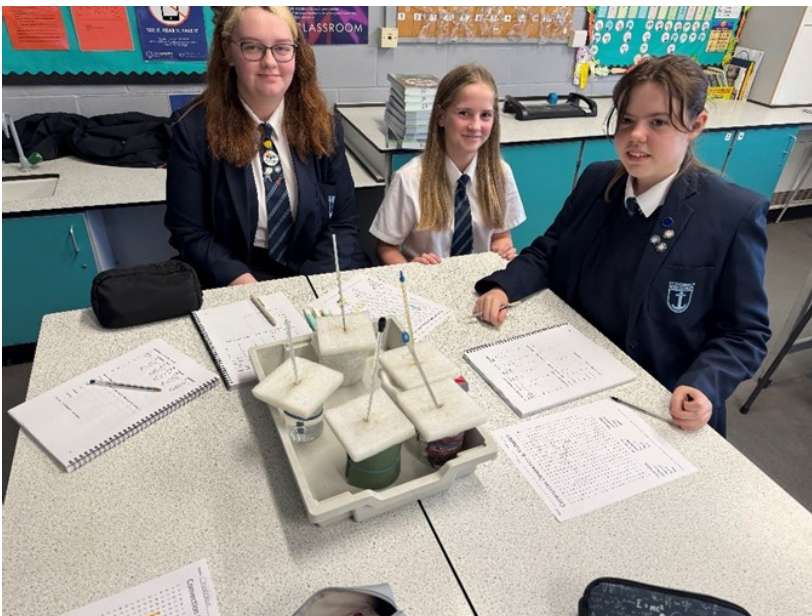
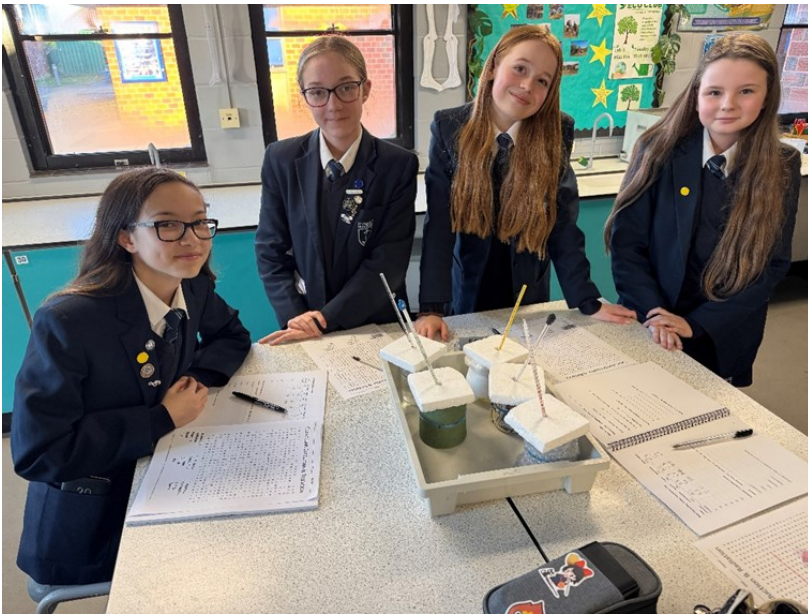
This project has given students a fantastic opportunity to apply STEM skills to a real-world problem, combining science, maths, and environmental awareness.

We are looking forward to sharing our findings and recommendations with Mr Willingham, Mr Hines (Chair of Governors), and the Senior Leadership Team later in the year.

After Easter, we will begin our next project investigating earthworms and biodiversity of soil.



# STEM Club



# Eco Club

It has been a quieter term for Eco Club, mainly due to the colder and wetter weather limiting some of our usual outdoor activities. Despite this, members have been busy working creatively indoors and continuing their commitment to environmental awareness.

This term, our focus has been on preparing entries for the Rotary Club's Young Environmentalist Competition, which had the inspiring theme "Happiness in Nature". Students worked thoughtfully on projects that explored how caring for the environment can also bring joy and wellbeing.

We were proud to submit two entries to the competition. The first was a plastics awareness poster by Sarah Gilbert, designed to highlight the impact of plastic pollution and encourage people to reduce, reuse, and recycle. The second entry was a miniature garden using recycled materials, showing how discarded items can be transformed into something beautiful while celebrating the calming and uplifting effects of nature.

Both projects demonstrated the creativity, teamwork, and environmental passion of our Eco Club members. Even in a quieter term, the club has continued to promote sustainability and inspire others to think about how small actions can make a positive difference for our planet.

We look forward to getting back outside more in the coming months as the weather improves and continuing our work to support the environment within our school community.

UPDATE: Eco club will be running on a Thursday lunchtime after the Easter holidays rather than after school. We hope this means that more students will be able to come along and enjoy our school garden. If anyone is interested in joining then please come and see Miss Fox.

# Eco Club



## How to make my community more environmentally friendly?

I was thinking that a way of helping my community is to show why we need to do this for the environment. This poster will explain everything about why the community should care for the environment.

### Litterpicking

If we start litterpicking then our community will be cleaner. This helps the environment so no animals get harmed by eating the plastic. If we try this then others could contribute to helping the environment. It also involves a matter of recycling.



### Recycling

Recycling is important because we can reuse things and other kids can join in by remaking/decorating other things in/outside your own house or garden. This is good because we can keep the environment clean/healthy since we are killing our planet, meaning we are killing the place we live, our home. Recycling helps keep our home safe from ruin because we can reuse everything to help ourselves.

### Active travel

This is a great way of helping the community. Active travel means moving without using cars, buses, anything that uses fuel and produces CO<sub>2</sub>. Meaning that if we walk or bike then we are getting more exercise & helping the earth. CO<sub>2</sub> is what's causing climate change and our vehicles are producing lots of it.



### Planting

Doing this in our community can keep our home more clean because other plants such as trees can produce clean oxygen and reduce CO<sub>2</sub>. This helps the community more than you think. The community needs more trees to help others. Also, it can produce more homes for all sorts of animals like birds, squirrels and insects. New homes for these creatures can even make your home better

Knowing about these things helps the community, your home and the environment. They can also help you be more proactive in helping others. Thank you for reading this poster.

# Bar Mock Trial

## Bar Mock Trial National Finals

After becoming the 2025 Regional Champions by winning the heat in Norwich Crown Court, the St Clement's Mock Trial team spent months preparing for the National Final. The venue for the final was the Royal Courts of Justice in London; this was an incredible opportunity for the team to visit a historical building of immense legal significance in the UK, which is otherwise not accessible to members of the public.

After hours of practice both in and out of school, we set off for our Mock Trial adventure on Friday, ready for the competition on Saturday. We had been invited to visit a Law firm in London, Norton Rose and Fulbright, to see what life in a London law firm would be like. The students met with one of the partners and their team, as well as some early careers Lawyers, who talked to them about different types of commercial law and ways that they could become lawyers in the future. We were amazed by the magnificent view of London from the balcony of their building!

On competition day, the team was experiencing a strong mix of excitement and nerves! The national final was attended by 25 teams from across the whole of the UK, from Scotland all the way down to Somerset. The St Clement's team was one of very few high school teams, most of the other competitors were Year 12 and 13 sixth form students. The Prosecution team; Aman, Mya, Louie, Daniel and Amber, competed in the first round. The Defence team; Bella, Shai, Daisy, Tilly and Ruby took part in round 2 and 3. All students, including our dedicated juror Violet, competed to an exceptional standard, they were judged by real life judges who actively serve in the judiciary or are practicing KCs across England. Whilst it wasn't the outcome we hoped for, the whole team had a brilliant time and have gained lots of experience from competing in such a prestigious competition.

The whole Mock Trial team would like to thank all those who contributed to our fundraising efforts but we would like to give an extra special thank you to St Clement's former student and Mock Trial finalist, Olivia, for all of her hard work mentoring the team!

Ms Morton

# National Final



# International Women's Day



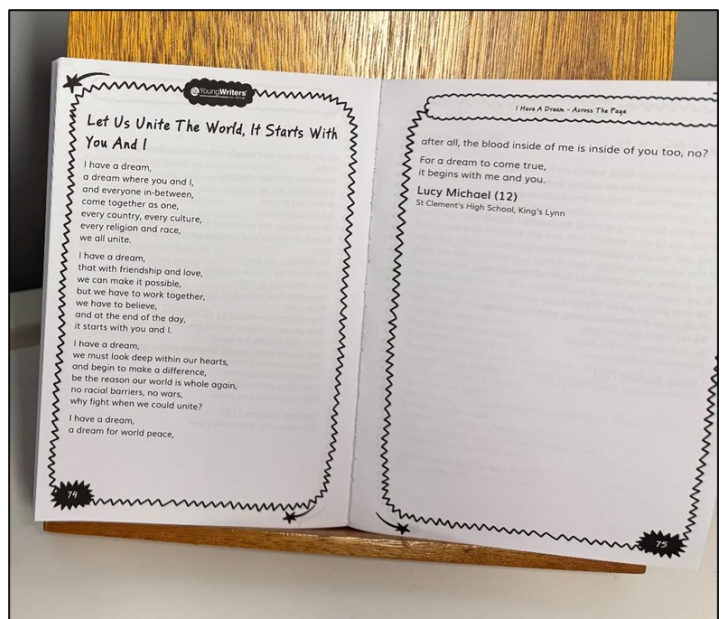
## International Women's Day

(Sunday 8th/Monday 9th March 2026)

International Women's Day, celebrated each year on March 8, is a global day that recognises the achievements and contributions of women in society.

It highlights the important roles women play in areas such as science, education, politics, sports, and the arts. The day also raises awareness about gender equality and encourages people around the world to support fairness, respect, and equal opportunities for everyone.

The idea for International Women's Day was first proposed in 1910 by German activist Clara Zetkin at a conference focused on women's rights. Since then, the day has grown into a worldwide event supported in communities and schools across many countries.



# Music

The Spring term has seen our musicians shining in a wide range of performances, both in school and in the wider community. We started with the WNAT Playday at the end of February. Students from years 5 and 6 from primary schools from across the trust joined with our school band in a huge concert at St Nicholas Chapel. We performed our pieces, listened to a string group run by Mr Bouskill, and the concert band from Springwood. Finally, everybody from every school played 3 pieces together. A really nice way to start the half term, and to be able to showcase our own instrumentalists.

Next came the Regional Heat for Music For Youth, a national competition celebrating young people making music. A new group called "The St Clement's Singers" made up mainly of Year 7 students with some of our older students supporting, performed a medley of songs from ABBA to the judges, and we were also able to watch other groups perform. Our feedback sent to us later told us "These are great melodies to sing, and you bring them to life really engagingly. Well done male voices – although heavily out-numbered, you established your presence in the music really well. As a choir, there was lots to admire musically in your shaping of the phrases and engagement with the style and meaning of the words. 'I have a dream' was suitably uplifting in its positivity. The playfulness in the shifting emotions of Mamma Mia was well conveyed, as was the disco energy of 'Gimme!, Gimme!, Gimme!' The use of the iconic signature back-to-back Abba pose was a nice touch... You had some nice little moments of choreography and gestures, e.g. in 'Honey Honey' which added to the sense of fun... Good diction and communication of the famous lyrics throughout.

Well done – an entertaining performance."

We know our students are fantastic, so it was lovely to hear this feedback. We won't know until the end of April whether we are going to advance in the competition, but being able to take part and perform on a stage to other groups was a great experience, especially for our younger students.

The following week saw our instrumentalists performing on stage at the Corn Exchange in the annual Rotary Schools Make Music Concert. With a packed auditorium, our players opened the concert with confidence, performing the three pieces brilliantly with Mr Seales conducting.

Still to come is the Easter Concert, where all of our groups – Miss Ashby's Choir, the St Clement's Singers, both the junior and senior bands and a wide range of soloists and duets – will perform and celebrate together.

Much more to come in the Summer, including Trust events, concerts in school and the Talent Show.

Thank you to all of the students who take part in these events, giving up time to practice and making sure you are at your best. You are fantastic!



# Physical Education

We have had a busy academic year so far in physical education. Students have had opportunities to engage with a range of sports and activities throughout the year so far, both during lessons and as part of our extra-curricular clubs and fixtures. This year has seen great success with our Year 9s, qualifying for county in Netball and regional competitions in Badminton. We have offered new opportunities for students this year to participate in wellbeing activities, such as yoga and aerobic fitness during Autumn term enrichment, and recently all students took part in a dance festival in their core PE lessons. This term, we have asked students to contribute to writing our PE newsletter to recount their firsthand experiences of events and fixtures, writing for the newsletter contributes to achieving their PE Standards Award, as part of the media strand.

## Netball

The Year 9 girls netball team competed in the UEA county finals against other schools. This took place at UEA sports park which was an amazing opportunity for all of us. We didn't win a match however, we were very close, gave it our all and represented the school proudly. Millie Lynch showed amazing determination and leadership skills throughout the entire day when some of us were feeling low in mood or confidence. Darcie Butters also was an exceptional player and addition to the team as she only started playing late last year and has picked up the sport wonderfully. Our weakness as a team was working together and finding space. However, our strengths were sportsmanship, accuracy when passing the ball and communicating during a match.

Evie Neill, Year 9



# Spring Term

This half term, the year 11s had a netball team had a fixture against KES high school, held at St Clement's High School. The team included 3 year 11s - James Bartrum, Esme Little and Zara Eastwood and 5 year 10s Ellie Bransgrove, Mya Baker, Imogen Morton, Megan Wybrow and Leah Barton.

In the first quarter, the team played very strong and were quite level with KES's team. However, during quarter 2, Zara had twisted her ankle so could not play to the strongest level. This then led to her sitting off during quarter 3. Despite this, the team carried very strong defence by James Bartrum and Megan Wybrow. We continued to score strong goals between our goal shooter and goal attacker- Esme Little and Imogen Morton.

Later in the final quarter, Zara made a substitute into wing defence from Leah Barton and the team put in full power for the final stretch. Unfortunately, we had an unlucky loss, however congratulations to KES for excellent gameplay. For her excellent gameplay we chose to reward KES's goal attack for their player of the match. For our team. KES chose Esme Little's excellent gameplay as our player of the match.

Zara Eastwood, Year 11

We contributed to coaching and umpiring at the primary school cluster netball tournament. This was a tournament for Years 5 and 6, held here at our school's netball courts. The schools Terrington, Walpole and Clenchwarton took part. Each team improved massively throughout the event. All coaches were supportive as well as being harsh on certain aspects of the game including footwork, contact and repossession so that they could improve for later matches. As the games went on, the teams improved their teamwork, spacing and communication skills, which ultimately resulted in a faster flowing game. Thanks to our team of coaches, the umpires learnt quickly how to improve their skills.

Millie Lynch and Emily Swinburn, Year 9

# Physical Education

## Kinball

Year 9 took part in a Kinball festival at Smithdon High School in Hunstanton on Monday 19 January 2026. The event included a number of schools who all took part to play multiple games. We had a team of 9, consisting of Henry, Keane, Michal, Emily, Ruby, Millie, Isla, Mya and myself (Lucy). While a number of the team have previously represented the school, this was Mya's first time - she did really well and was a valuable member of the team!

At the start, not everyone fully understood the rules or how to play. By the end and with some coaching, everyone had a good understanding of the game.

It was an all-round strong team performance, and we did really well against all teams. One of our main strengths was communicating across the team. One thing we could improve for next time was our positioning. Another highlight was the friendly approach by everyone who played, from all schools. The games were competitive, but in an enjoyable way where everyone was encouraged to do their best and improve.

We were supported by Miss Colgan and Miss Smith - they were fantastic and we all really appreciated them giving up their own time to allow us to attend and take part. Thank you both.

Lucy Hines, Year 9



# Spring Term

## Cross Country

We recently took part in the cross country counties competition at Wymondham School and everyone who participated really enjoyed the experience. It was a great chance for us to represent our school, push ourselves, and support each other through some very muddy races. The courses were challenging, with Year 7 running 2.4km, Year 8/9 running 3.5km, and Year 10/11 running 4.0km which tested both fitness and determination.

There were some standout performances on the day. In the Year 7 girls' race, Mabelle Chadderton finished an impressive 2nd place and qualified for the regional round. In the Year 8/9 girls' race, we had Casey Ward who ran an excellent race and placed 16th and another qualified for the regionals. Nellie Chadderton finished 21st after giving it her all on a challenging course. Unfortunately, Millie Lynch was unable to finish due to injury, but still showed commitment by taking part and giving it her best efforts. In the Year 10/11 boys' race, Ethan Ward finished a brilliant 4th, securing qualification for a regional round, while Riley Broughton finished 68th, showing great perseverance.

Overall we showed great effort, teamwork and sportsmanship. The event was enjoyed by everyone, and the well-earned McDonald's after was a bonus. Next time, we could improve on pacing and support each other more and encourage more people to get involved. Well done to everyone who competed, and good luck to those progressing to the regional round.

Nellie Chadderton, Year 8



# Physical Education

## Dance

This half term at Dance Club we have been loving all things 2000s. Miss O'Neill has been teaching choreography that takes her dancers all the way back to the time of the 'Single Ladies' craze and the 'Lean With It, Rock With It' trend. The routines have been full of energy, confidence and plenty of throwback moves!

Dance Club has also received an exciting opportunity: we have been invited to perform the half-time show at St Clement's Talent Show in June 2026. As we prepare for the performance, we have been thinking about how to really 'hook' the audience through more than just movement.

By studying how some of the world's most successful dancers and performers engage their audiences, our dancers have been able to take inspiration from their stage presence, confidence and connection with the crowd. We can't wait to showcase what we've been working on!

On 6th and 8th March, students took part in a dance festival as part of One Dance UK & Angela Rippon's nationwide initiative, Let's Dance 2026. This campaign is all about making dance accessible to everyone, with a focus on encouraging people to embrace the joy and health benefits of dancing. This took place in all core PE lessons, giving as many students as possible to try something new. We ran the festival as a house competition, with teachers and support staff from around the school participating as 'guest judges' for the lesson - many of them finding their inner Simon Cowells!

The Dance festival was a nation wide event in which we learnt a routine that we presented to 2 judges. We were separated into our houses and given some time to rehearse before we presented it. We completed this event in one of our lessons in the sports hall. The main outcome for me was trying a new experience and walking out of the lesson with a smile on my face. My favourite part of this event was connecting with other people in my house and working on our presentation together. For example, we made sure that everyone had a part to play and that they were comfortable doing it but we also made sure that everyone had their moment and everyone was recognised.

I think that without us going off and being independent with our rehearsals we wouldn't have been able to present our routine as well as we did. I also think that being independent when rehearsing brought out the leadership in some people which they may have not known they had prior to this event. I think that myself, Charleigh Jeffrey and Daisy Clark really showed leadership and courage as we all alternated at the front of our formation when the judges were walking past. However as a team my house Parks all showed a massive amount of bravery and cooperation as we all played our part.

I think that everyone tried their very best even if dancing is not one of their strong points. Everyone still had a good go and no one was reluctant to try and give it their best shot.

Alex Ablett, Year 10

# Spring Term



Multiple years took part in a performance in front of some surprise judges. The students learned a simple, laidback dance routine with either Miss O'Neill or Miss Smith. After we all learnt the routine we got into our house groups and practiced it and came up with our own formations and a way to walk onto the "stage". The event happened on Friday the 6th and Monday the 9th of March in the sports hall. On Friday, Charlotte Turpin, Isabelle Mcmillan, Myha Ollery Wallace, Lilly Claxton and I assisted with the year 7's dance. We helped them learn the routine and create their own formation, ready for their performance later in that lesson. In the end, the lesson, and the overall day, was very exciting and memorable.

It was great to see so many people engaging in dance, of particular note was the year 7 teams of Yousafzai and Parks showed great enthusiasm and commitment, they all worked as a team.

The participants performed well and showed teamwork and enthusiasm. It's promising that if they put in the hard work there is no doubt that they all will perform ten times better in future competitions, they all have different strengths in different areas of dance which makes a stronger team overall. A couple things the participants could improve on is the listening aspect of it and making sure their attitude towards it is always exceptional.

Bonnie Little, Year 8

# Physical Education

Recently, our KS3 girls' badminton team competed in the West Norfolk Trust competition. As a Year 9 student, it was a great opportunity to represent the school and compete against local schools. The matches were competitive, but we worked hard throughout the day and were proud to win the overall competition. This meant we would go on to represent Norfolk at the KS3 Girls Badminton Regionals against other counties across Eastern England.

Regionals were tougher from the first serve. The pace was quicker, rallies were more intense, and there was no space to switch off. However, although the matches may not have gone in our favour- it was not the scores that we took away from this experience, but the noticeable improvement we demonstrated from start to finish. The whole team successfully displayed perseverance, resilience and teamwork throughout the whole experience. At the start of the day, we were slightly nervous and still adjusting to the level of competition but in spite of that, by the end, we were playing with much more confidence and determination.

In particular, Emily (Year 9) really stood out with her agility during rallies, chasing down difficult shots and swiftly moving around the court. Another individual who stood out was Lauren (year nine) who really improved during the matches as she began to show more precision in her serves and confidence in her returning shots on court. Their performances set the tone and showed the level we're capable of competing at.

We did not leave the competition with a regional title however we still left triumphant as the resilience we showed- especially after difficult matches- really proved how much we've developed, not just in skill but in mindset. Winning the West Norfolk Trust competition and representing Norfolk is an achievement we're proud of, and the experience at regionals has given us a clear target and goals. With more match practice and sharper consistency, we're aiming to return next year better prepared and ready to go further.

Amelia King, Year 9



# House Results

## House Sport Results

### NETBALL

POSITION	HOUSE	POINTS
1ST	PARKS	20
2ND	YOUSAFZAI	11
3RD	ATTENBOROUGH	8
	TURING	8

### FOOTBALL

POSITION	HOUSE	POINTS
1ST	YOUSAFZAI	17
2ND	PARKS	14
3RD	TURING	11
4TH	ATTENBOROUGH	2

### CROSS COUNTRY

POSITION	HOUSE	POINTS
1ST	YOUSAFZAI	1872
2ND	PARKS	1932
3RD	ATTENBOROUGH	2017
4TH	TURING	2028

### DANCE

POSITION	HOUSE	POINTS
1ST	PARKS	280
2ND	YOUSAFZAI	260
3RD	ATTENBOROUGH	240
4TH	TURING	180

# WNAT

Recently, a group of five Year 9 students attended a West Norfolk Academy Trust event at Springwood, where we spent the day learning about drones. Not just flying them, but actually constructing them too. It was a really different experience from a normal school day, and it gave us a chance to try something more hands-on and technical.

We started the day outside flying drones, which was easily the best part. It definitely took a while to get used to the controls, and there were a few questionable attempts at take-off and landing but we enjoyed learning skills. The drones had cameras on them, which made them even more entertaining, so we could take photos and videos while flying, which led to some very random (and quite funny) footage- even of Mr Knott.

We attempted agility style courses with the drones and really got the hang of it!

After that, we went inside and built our own mini drones. This part was a bit more focused, as we had to follow instructions properly and make sure everything was in the right place. It was still interesting though, especially seeing how all the parts came together in the end. It definitely required a lot more patience, however it was really worth it once we'd finished and could fly our own drone in the hall.

Only one word can be used to describe flying our mini drones indoors; chaos. I think that it is safe to say that we all agree to never let Emily near a drone again after nearly hitting the instructor on the head, not once, but twice!

We were also introduced to a huge drone that is used at police level. It was so cool to see how drones are used in real life situations and how they can be involved in a career.

Overall everyone had such a good time, it was really fun getting to try this hands on experience that otherwise some of us may have never got to do. We learnt a lot, tried something new, and got a better understanding of how drones actually work. It's definitely something we'd all like to do again.



# Recipe of the term

## Ingredients -

- 2 chicken breasts, finely sliced
- 1 red onion, finely sliced
- 1 red pepper, sliced
- 1 red chilli, finely sliced (optional)

## For the marinade -

- 1 tbsp smoked paprika
- 1 tbsp ground coriander
- 2 garlic cloves, crushed
- 4 tbsp olive oil
- 1 lime juiced

## To serve -

- 8 tortillas
- Mixed salad
- Fresh salsa



## Fajitas

### Step 1 -

Heat oven to 200C/180C fan/gas 6 and wrap 8 medium tortillas in foil.

### Step 2 -

Mix 1 heaped tbsp smoked paprika, 1 tbsp ground coriander, a pinch of ground cumin, 2 crushed garlic cloves, 4 tbsp olive oil, the juice of 1 lime and 4-5 drops Tabasco together in a bowl with a big pinch each of salt and pepper.

### Step 3 -

Stir 2 finely sliced chicken breasts, 1 finely sliced red onion, 1 sliced red pepper and 1 finely sliced red chilli, if using, into the marinade.

### Step 4 -

Heat a griddle pan until smoking hot and add the chicken and marinade to the pan.

### Step 5 -

Keep everything moving over a high heat for about 5 mins using tongs until you get a nice charred effect. If your griddle pan is small you may need to do this in two batches.

### Step 6 -

To check the chicken is cooked, find the thickest part and tear in half – if any part is still raw cook until done.

### Step 7 -

Put the tortillas in the oven to heat up and serve with the cooked chicken, a bag of mixed salad and one 230g tub of fresh salsa.

# Young Carers

Some of our young carers taking some timeout to play games, a activity they really enjoy.

If you have any games that you could spare and donate, it would be greatly appreciated.

They have a visit planned when we get back from Easter where Rosie Bishop will be coming in from the Benjamin Foundation.



## Young Carers' Bowling and Pizza Party!

Thursday 19<sup>th</sup> February

12:40-3pm

Strikes, King's Lynn

- For Young Carers aged 11-16 year olds in West Norfolk and Breckland
- **Free** bowling and pizza party trip
- Transport for those in the Breckland area

Please sign up here: 



For any further questions, please contact [rosie.smith@benajminfoundation.co.uk](mailto:rosie.smith@benajminfoundation.co.uk)

Carers Matter Norfolk Charity Number: 1112017

Registered charity number: 1124936  
Company Number: 3825425



# SEND Cafe

## SEND Café



Join Danii from SEN Socials and Early Help Community Worker Georgie, and Norfolk and Waveney Autism/ADHD Support Service each month for a cuppa and an informal chat about all things SEND parenting. No diagnosis needed!



Children welcome, and there will be an activity each session provided by Voices Through Art!

Please contact [sensocialsdownham@gmail.com](mailto:sensocialsdownham@gmail.com) for further information or to request a social story and venue walk through.

12th January  
9th February  
9th March  
13th April  
11th May  
8th June  
13th July  
10:30AM-12:30PM

📍 Family Hub, St Augustines  
Healthy Living Centre  
Columbia Way, King's Lynn PE30 2LB



YC's can also register with Caring Together charity to get access to more free events during the holidays on- [hello@caringtogether.org](mailto:hello@caringtogether.org) or by telephone 0345 241 0954

# Giant Easter Egg Raffle



Thank you to everyone who brought tickets for our Giant Easter Egg Raffle, kindly donated by the Rotary Club. This year we raised £289 for the Young Carers.

Congratulations to Archie Hunt in Year 7 who was eggtrremely pleased with his prize!



# From All at St Clement's High

Editor—Mrs Raffan

School Librarian