

THE REDNOCK REVIEW



TERM 4 - 2023/24
22ND MARCH 2024



Dear Rednock Community,

It is with great pleasure that I write to you as we reach the end of Term 4. After months of what has felt like warm drizzle, I sincerely hope that the Easter break brings with it some brighter spring weather for us all to enjoy. Term 4 has certainly been a short, but intense term and the students and staff have achieved so much. This is certainly a bumper edition of the Rednock Review and there are many articles for you to enjoy.

As we enter the Easter break, as well as thanking you for your continued support, I wanted to also outline the arrangements for our return to school next term:

- Term 5 commences on Monday 8th April for staff only. This is a school inset day being used for staff training and readiness for the term ahead.
- Tuesday 9th April 2024: All students return to school. Normal school timings apply.



Click [here](#) to view a
video from
Mr Stratford

Please support us by ensuring your child arrives back to school on Tuesday 9th April in full school uniform and with the equipment they require to learn effectively. They need to pack for a Tuesday, Week B on their timetable.

I am sure the coming Easter break will mean different things to different people. For me, it is a chance to reconnect with my family, friends and loved ones; to take a breath, take stock and plan for the continual improvement of our school. For the students in our examination years, it will no doubt be a busy period of consolidating work, revision and preparation for the imminent National exams. Whatever it means to you, any time together with loved ones is precious.

So, on behalf of all of the staff at Rednock School - I wish you a very restful, safe and happy Easter break.

Mike Stratford
Headteacher



Achievement Heroes

We've had some wonderful Achievement Heroes in the past 2 weeks and we're extremely proud to celebrate their achievements. They were nominated for various reasons, all as impressive as the last!

Winners are: Dan, who was nominated because he won silver at the British schools Judo championship, Victoria, who achieved the highest reward points in Darwin Community, Hetty, who gave a phenomenal performance as Peter Pan, Phoebe, who takes part with enthusiasm in many aspects of school life, Lily, who is always a positive member of the Hubble community, Verity, who has earned a Chief Scout Gold award from the Area Commissioner and Keira, who created the staff quiz video for a foreign languages competition as part of 'International Week'.

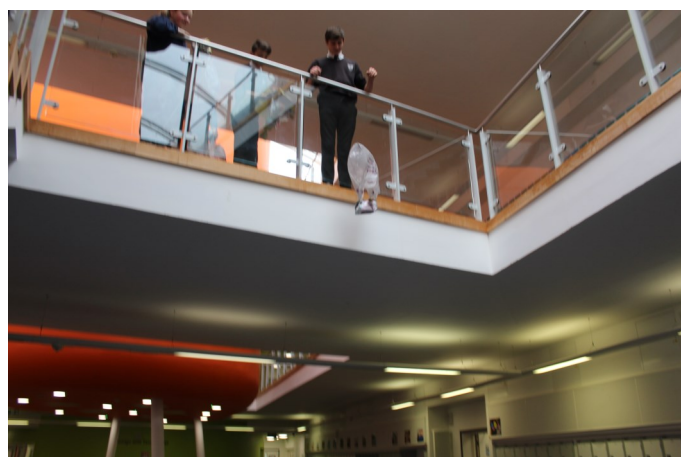
We're always proud of our students and love to celebrate their success from inside and outside of school life.



Community Challenge

The Community Challenge this month was organised by the staff in the Link and they decided on a classic egg drop challenge! Congratulations to Jenner who beat their egg-cellent competitors!

At the top of the March table currently sits Hubble and Jenner together with Brunel only 5 points behind.





Raising Standards Leads

RSLs are responsible for ensuring the best possible outcomes for students at Rednock School. Each year group has its own RSL; they focus on raising aspirations and doing all that they can to ensure that students fulfil their academic potential.

The day to day work that they do includes providing face to face support in small groups, coordinating a range of academic support between teachers and developing and leading whole year group initiatives.



Miss Peverley - Year 7

How can it be the end of Term 4 at Rednock School already? I have been nothing short of impressed by how smoothly the majority of students have adapted to life at Rednock and the expectations that come with being at secondary school.

This term has seen me work closer with several students who have been reporting to me each week so I can track their academic progress. These students have responded very positively to the challenge and the targets they have set themselves. Earning lots of reward points along the way!

We have had regular morning groups with Morning Maths with Mr Mitchell and myself. Lexi Louise Drew, Aksel Edgell, Emirhan Kaya, Elisha

Lewis, Eva Parker, Louie Wilkins, and Evelyn Willis-Williams amongst others regularly attend and show a willingness to work on their basic mathematical skills.

Our Wednesday AR+ has been filled with plenty of reading and some lively discussions with the small group of students currently taking part in the group with me.

Next term brings another set of academic reports and with this brings new opportunities for me to work on academic achievement. I will continue to mentor and meet with you and offer support and guidance to you academically.



Miss Tritton - Year 8

This term has come and gone in the blink of an eye! A short 5 weeks with a well needed 2 week rest coming up. However, a lot of progress has still been made in these 5 short weeks!

I want to use this space to celebrate all that our 14 students who have participated in the Scholars' Programme have done! The Scholars' Programme provides students with an insight into University by running 6 tutorial sessions with a PhD tutor. They have been working on writing assignments on diseases culminating in a very final 1500 word (wow!!!) report as a disease detective who needs to solve a case of Malaria in a town in West Africa. They have included university style referencing and have submitted their assignments to their PhD tutor for

marking.... they have been absolutely excellent! I am so excited to see them all 'graduate' at the University of Bath on Wednesday 1st May. So here goes the shout outs for those who took part.. a HUGE well done and GREAT effort for:

Louis Allsopp, Inca Bishop, Aaron Bridges, Faith Bowen, Sam Carter, Zachary Evans, Cameron Gwinnell, Thomas Hague, Aidan Hall, Oscar Hall, Ethan Hall, Freya Keen, Enrique Major and Jacob Smith.

I hope you all have a restful Easter break. See you in Term 5!



Mrs Wade - Year 9

As we bid adieu to another term, it's with great pride that we reflect on the journey our Year 9 students have undertaken thus far. With their choices for GCSEs now submitted, our students have embarked on a path that will significantly shape their futures. This term has been nothing short of bustling with hard work, introspection, and excitement for what lies ahead.

One of the most heartening aspects of this term has been witnessing our students make informed decisions about their educational trajectories. Unlike previous years where choices may have been influenced by peer groups or personal preferences, this year saw a proactive approach from our students as they deliberated over their

next steps with remarkable maturity. It's been truly inspiring to witness the depth of thought and ambition they've demonstrated.

Our recent Open Evening served as a testament to the incredible support network our students have at home. The atmosphere was electric with excitement, and it was a joy to meet so many of you, sharing in the enthusiasm for your child's future endeavours. Your unwavering encouragement and guidance play a pivotal role in shaping their academic journey, and for that, we are immensely grateful.

In the wake of Open Evening, numerous students have sought guidance, and I've been privileged to assist them in navigating the decision-making process. Our tutors and our dedicated Careers Advisor, Mr. Justice, have been instrumental in helping students chart their long-term goals and identify their strengths, ensuring they make choices aligned with their aspirations.



Behind the scenes, we are diligently working to accommodate the preferences of each student within the constraints of our offerings. This holistic approach to planning requires careful consideration, and we appreciate your patience as we endeavour to meet the individual needs of every student. Rest assured, we will keep you updated on our progress every step of the way.

Outside of the options process, our morning groups have been continuing as normal with Morning Maths with Mr Mitchell. Jozef Timpson has been an absolute superstar by attending every session and Lily Gainer and Alesha McCaulskey are absolutely brilliant for attending all but one. Amazing commitment from some fabulous students. Well done! Our Wednesday AR+ has been filled with plenty of reading and some lively discussions about the best time to read, the best genre of books, and we even compared the books to the films.

Should you have any questions or require clarification regarding the process or your child's chosen options, or have any queries, please do not hesitate to reach out via email at emma.wade@rednockschool.org.uk. Your involvement and support are invaluable and we are committed to fostering open communication throughout this journey.

I wish you all an egg-cellent Easter break and a well deserved rest! See you in Term 6!

Mrs Bird - Year 10

It has been an absolute pleasure to see Year 10 students getting stuck into their GCSE subjects.

This term students have approached their Year 10 exams with a positive and mature attitude. The exams have given students a really good experience of the practical elements of how GCSE exams work - whether to bring calculators, where to sit and what they need for each exam. However, the most beneficial part of the Year 10 exam experience is identifying areas of strength and areas that students may need to review.

Another important part of the exam process is understanding which revision methods have worked best for each student and how we can adapt methods for each subject. Whether it is revision cards, mind maps, exam papers or writing notes, students will have a better idea of what works best for them.

When popping into lessons I have seen students become more comfortable at asking questions, trying to work out problems, looking into the wider aspects of their subjects. For some students this has helped inform them of what they may like to do for work experience. Most students have filled out their work experience forms and are looking forward to the upcoming work experience weeks. Work experience is such a valuable time.

Gaining feedback from teachers about students' progress during Year 10 parents evening allows an opportunity for reflection, celebration of achievement and identification of areas for improvement.

As always, if you have any questions or concerns regarding your student, please do not hesitate to get in contact via email at kim.bird@rednockschool.org.uk.

Have a wonderful Easter break!





Mr Steele - Year 11

At the time of writing, there are 50 days to go until the exams start! Y11 are in full swing with attendance at Champions Hour, flying starts sessions, after school revision sessions, tutoring, interventions and even lessons all increasing. We often hear about world leaders being judged on their first 100 days in office, on what they are able to achieve and the progress they are able to make during that time. As our students enter into those final 50 days it is important to realise that this is still a long time, a huge difference can be made in 50 days and with a growth mindset progress and final achievements are both still malleable.

Using this column, I really want to celebrate those students who are giving their best efforts. I mentioned the prizes students had started to accrue in the last Rednock Review and this time round even more students have picked up hoodies, yearbooks and prom tickets. At the time of writing I would like to give a huge congratulations to the following students for achieving 40 revision points and their choice of a hoodie or yearbook:

Emma Barton, James Bean, Millie Bickerton, Sam Biddle, Florence Blomfield, Ava Gardiner, Josh Gore, Harry Hayward, James Hughes, Ruby Ind, Poppy Jones, Josh Keevil, Sam Kinsley, Sophie Lee, Issy Lloyd, Tyler Lynn, Amalie Parker, Fred Pickard, Erin Saunders, Seth Tiley, Imogen Toffi and Will Wood.

These students for accruing 60 points and earning themselves a hoodie AND a yearbook:

Jack Bowyer, Molly Bywater, Willow Calcott, Max Excell, Maggie Feltham, Georgina Freier, Layla Grant, Ruby Heath, Leah Heiron, Megan Hunter, Teleri Jones, Leah Kalus, Hasan Kaya, Isabella Macey, Jack Miles, Jacob Norman, Bill Smith, Ewan Smith, Roxanne Stewart, Bronwyn Walker, Faith Western, Dylan White and Alfie Wilkins.

And finally, the following students for reaching the 100 point mark and earning themselves a hoodie, yearbook and prom ticket:

Dylan Court (115 points), Josh Kattenhorn (109 points), Jacob Sexton (107 points) and Inaya Wood (101 points)

These are massive achievements with each point representing roughly an hour of revision, I am really looking forward to giving these prizes out in our assembly at the end of the year (along with results day in August when we get the real reward!)

In closing then, and in thinking about how students can have the greatest impact over the next 50 days, I would like to take this opportunity to remind parents and students of the following tools that are available to students, and that are a great place to continue with (or make a start on) revision:

- [Rednock Revise](#)
- The [Revision Timetable](#)
- [GCSE Pod](#)
- [Sparx Maths](#)
- [Google Classroom](#)
- [Physics and Maths tutor](#)
- The past paper library in room 601
- [The revision session timetable](#)
- The old fashioned way (revision guides, revision cards and textbooks available in the LRC)



Peter Pan

It's easy to see the effort that went on behind the scenes to put this year's production on. There is a long list of people who have worked hard from all year groups to get this four-night run on stage and we are so grateful for each and every one of them; both students and staff alike. With a whopping number of 61 cast members, the show had its challenges, however we are super proud of all of our cast and crew for their dedication, focus and talent. Thank you for all of your hard work. It has been truly wonderful to see students' friendships, creativity and confidence grow throughout rehearsals and it was wonderful for our audiences to see what we all created together.

An extra special thanks has to go to Miss Monday for the countless hours she spent writing multiple band parts for a volunteer orchestra of students, staff and family backing. Thank you for giving our students the experience of performing with live music, it's priceless. (See the next page to hear from Miss Monday)

Rednock School Drama Department





Peter Pan Orchestra

Wow! What an amazing group of young musicians! A huge well done to Lewis Bryant, Charlie Galliot, Leo Gough, Leo Lai, Sophia Osborne, and Ruby Taylor for their commitment to weekly band rehearsals since October, and all of their independent preparation behind the scenes to create a brilliant sound for the Peter Pan school production. They teamed up with other musicians consisting of ex-students (James Carter and Evie Press), teachers (Mrs Carter, Mr Mee and Miss Parker) and parent musicians (Emma Irvine, James Parker) as a whole band for the first time only days before the tech and dress rehearsals. True musicianship has been shown by all involved, reading/realising/adapting their part from a variety of scores, and coping with last minute changes – nothing has got the better of them! Sheer resilience has been shown throughout the rehearsals and shows, and their talent has shone in every performance, as no performance is ever the same – they have had to be totally focussed and flexible in their playing throughout every show, and responding to changes as they happen!

It has been a privilege to work with everyone involved, not forgetting the fabulous Mrs Curtis, Ms Summers, Mr Mitchell, the cast, and everyone working so hard behind the scenes. Well done, and thank you to you all, you are amazing!

Miss Monday





A Fond Farewell

Staff and students alike would like to wish Mrs Poulson the best of luck in her new venture as she sadly leaves our wonderful team of CSOs.

She will be missed by many and her work at the school made a huge difference and will be remembered for a long time to come.

Good luck with your future endeavours and keep in touch if you can!

Gloucestershire Schools Golf Championships 2024

For the first time in a number of years, Rednock were able to enter a team of golfers into the County Schools Golf Championships, where winners progress into the National Finals held up in Leicestershire later in the year. Our team consisted of Tom Chapman (with a handicap of 4) Tommy Hart (10), Jake Szuluk (12) and also playing was Alfie Mann (13). The boys performed admirably in very tricky, boggy, damp conditions for the most part. Whilst the course was in good condition, greens especially, there were large areas that were still feeling the effects of recent wet weather.

In the team competition Rednock finished a little way down but notably, Tom was able to finish a really creditable 7th with his gross score, with Tommy 26th and Jake 32nd. A great effort and certainly one we would like to continue next year at such a prestigious event.

If you are playing golf regularly, have an official handicap and are interested in representing the school team (s) next year, please let Mr Sykes or Mr Kelly know.

There will be news of a special annual Staff golf tournament to follow later in the summer.





British Science Week 2024



British Science Week

As part of British Science week, Year 7 were invited to a pop up science session. As the theme for this year was 'Time' the students were set the challenge of making an accurate timing device to measure 10 seconds. They tried all sorts of methods and eventually settled on using marble runs. At the end of the session they were wowed by the old classic iodine clock.

The organisers of this week run a poster competition each year which students have been told about in tutor time. If they have forgotten to hand them into their science teachers they can still enter using the form below:



<https://www.tfaforms.com/5100112>

There are also further poster ideas on this weblink:

<https://www.britishscienceweek.org/plan-your-activities/poster-competition/>

THE BIG PLASTIC COUNT

11-17 MARCH

The Big Plastic Count

You may remember that as part of British Science Week, many students got involved in a citizen project called The Big Plastic Count. Students have recorded their plastic use on a tally sheet and will submit their results to a national database. This will then be used to convince our politicians that we need to act now and do something about our use of plastics.

The tutor group with the most participants will win tokens for the refillable drinks machine - they have until the 31st March to submit results and we will then generate our school footprint to reveal the winners! Please make sure you have added your results before the deadline!

Thank you to the Ecoteam for their work in delivering tally charts and encouraging students to take part.



Girls Football

On 8th March the U14 team, pictured left, went to Oxstalls to represent Rednock in the #letgirlsplay biggest football session. There were 10 teams from across the county. It was an amazing spectacle watching them all warm up together with the coaches from Forest Green Rovers.

The girls played magnificently and managed to beat all teams within their pool including St Peters and Henley Bank. They came away tournament winners!

They worked really hard and supported each other throughout.

Stroud Schools Rugby U14

Lewis Cross and Reuben McNulty, pictured right, were selected for the Under 14 Stroud Schools team, playing in a team with other boys from the Stroud district of secondary schools. The game was played at North Bristol RFC and a 45-5 win ensued.



Boys Football Success

Pictured below, is our victorious Year 8 'A' and 'B' teams at their game with KLB this week.





Famelab

On Thursday this week the FameLab final took place at the Roses Theatre in Tewkesbury. Following weeks of preparation and in school finals our ultimate finalist Poppy Crosbee took to the stage to present her talk 'Are you scared?'.

Poppy's performance was electric, she commanded the stage and moved with confidence while delivering some really well researched scientific material. The finalists were judged on the content, clarity and charisma of their presentations and Poppy excelled in all three areas.



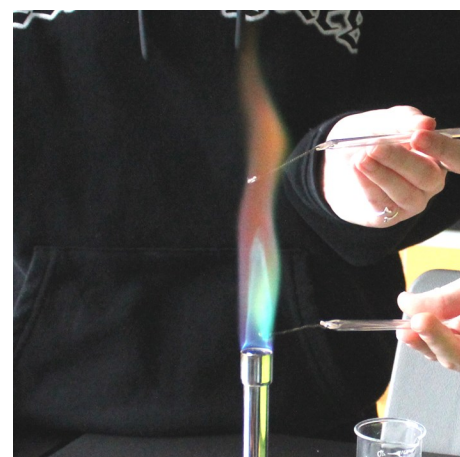
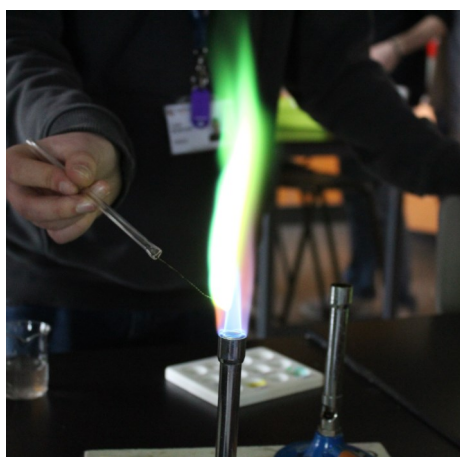
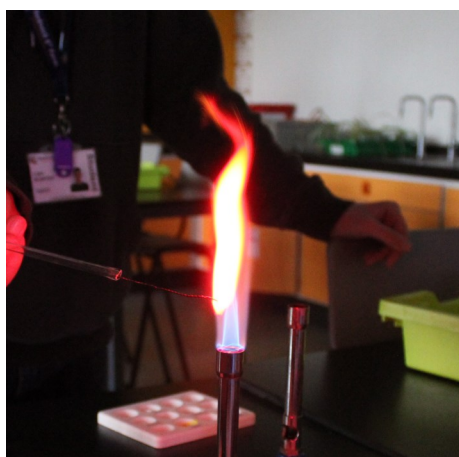
At the end the judges disappeared to make their decision, after what seemed to take forever they came back to announce the two runners up and an overall winner. Poppy was recognised for her stage presence, and for her confident recovery after a minor balloon misfire at the start of her talk, and eventually finished in the runner up position (to a rapturous applause from the supporting Rednock students). This was a fantastic achievement as the quality of science communication from all of the schools who entered was excellent.

We would like to congratulate all of the finalists once again on their achievements. Each one will receive a bronze crest award next term for their fantastic achievements in science communication. We can't wait to do this all again next year with the new Year 9 students!



Flame Testing

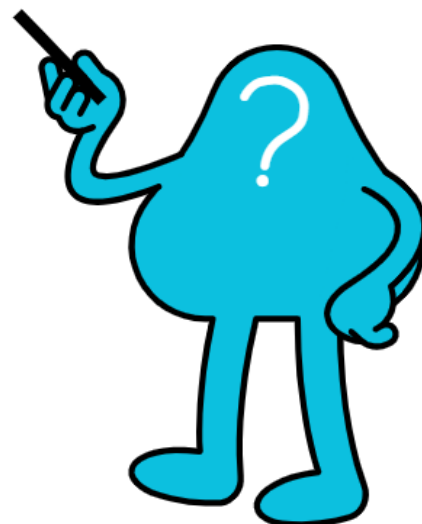
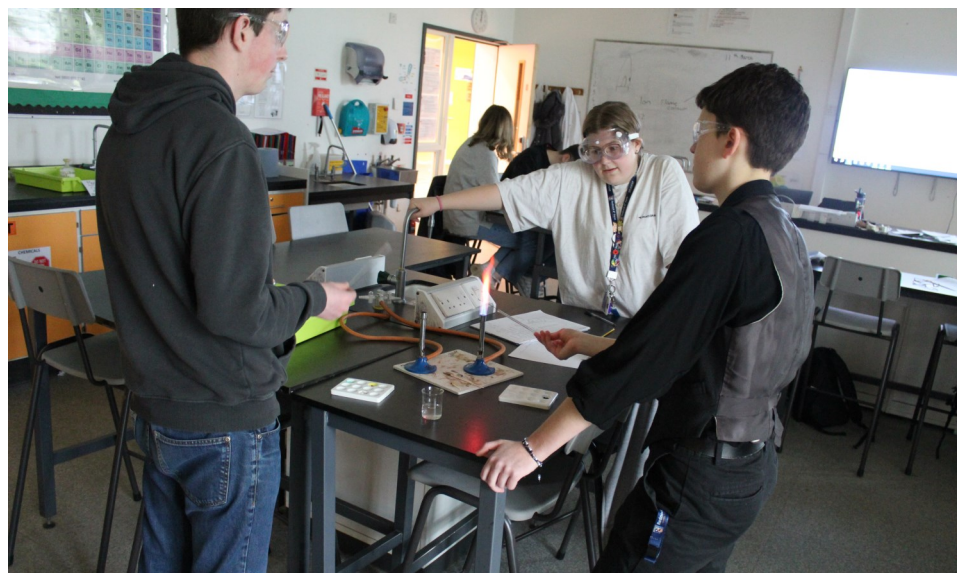
The Year 12 chemists were really excited to learn how different metal ions can be identified using flame tests. They placed samples of each metal on the edge of a Bunsen flame and observed the colour change. The different colours help identify the metal they started with.



What's the science behind it?

The colours observed during the flame test result from the excitement of the electrons caused by the increased temperature. The electrons "jump" from their ground state to a higher energy level. As they return to their ground state, they emit visible light. The colour of the light is connected to the location of the electrons and the affinity the outer-shell electrons have to the atomic nucleus.

The colour emitted by larger atoms is lower in energy than the light emitted by smaller atoms. So, for example, strontium (atomic number 38) produces a reddish colour, while sodium (atomic number 11) produces a yellowish colour. The sodium ion has a stronger affinity for the electron, so more energy is required to move the electron. When the electron does move, it reaches a higher state of excitement. As the electron returns to its ground state, it has more energy to disperse, which means the colour has a higher frequency/shorter wavelength.





SHOUT!

On 20th March we were invited to take part in the National Theatre Connections project at the Bristol Old Vic. We were performing the play *Shout!* which was a new play commissioned for the project. Our students delivered a captivating performance, showcasing their dedication and skill in bringing the play to life.

From start to finish, the ensemble's cohesion was evident, with each member contributing to the dynamic energy of the production. The student's commitment to their roles and the story was commendable, drawing the audience into the narrative with authenticity, humour and depth.

Feedback from the audience echoed the sentiment of excellence, praising the students for their compelling portrayals and engaging stage presence. It's clear that the performers poured their hearts into their roles, leaving a lasting impression on all who witnessed their performance.

Not only did our students demonstrate exceptional talent, but they also exemplified the values of teamwork, discipline, and dedication - #TeamDrama! This experience gave our students the opportunity to work in a professional theatre with a professional crew and our students were more than up to the challenge. We could not be more proud of you all!

Mrs Curtis





Duke of Edinburgh

Back in February, our Bronze level students had such a fantastic training day with our new expedition providers Pioneer Leadership. There were over 40 Year 9 students that learnt map reading skills, bag packing advice and planned their menus.

A small group of footballers showed great dedication as they have even completed their practice walk early in case they make it through to the finals!

- The Bronze Practice Expedition is on 27th and 28th of April, and the final is 18th and 19th of May.

I'm delighted that so many students are getting their evidence sections finished. They range from ballet to learning Korean! It's also wonderful to see how many students are volunteering with the local Scouting and Guiding groups - giving them the opportunity to put something back into the local community.

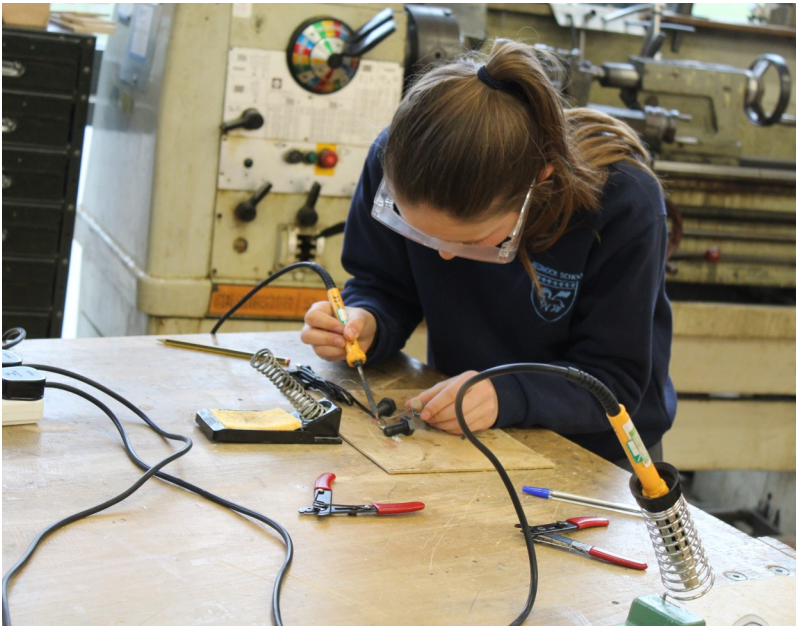
The Silver DofE parents and students had a presentation from Ocean Rock and they are all excited about getting out onto the water. Ocean Rock gave lots of useful advice about clothing and what to pack.

- The Silver Practice Expedition is on 12th to 15th April and the final is the 22nd - 24th of June.

There are many Year 10 students who have completed their Bronze and I look forward to presenting them with their awards in a year group assembly next term.

Mrs Porter



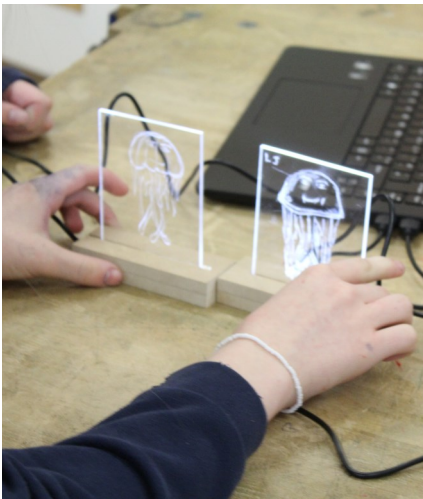


Illuminating LEDs

The illuminate project is part of our Design & Technology rotation of Year 7.

Students learn about lights and making simple circuits. They model using computers and produce the LED lighting that is powered using a standard USB. The lighting aspect is manufactured using acrylic that has been scraped, scratched and scored to produce these wonderful lighting creations, all inspired from nature.

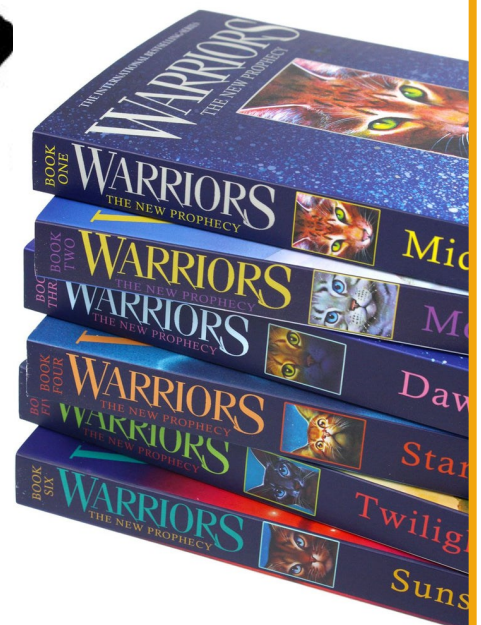
The students outdid themselves and created beautiful lights they can display proudly.



Feline Reading

If anyone has any Warrior Cats books by Erin Hunter they'd like to donate to the LRC - there are some readers here who'd be very grateful.

Warriors is a series of novels based on the adventures and drama of multiple Clans of feral cats. The series is primarily set in fictional forests. Far from stories simply about talking cats, they're complex novels full of political intrigue, warfare, forbidden love and the odd death. A bit upsetting and a little scary too but students love them.





Easter Egg Hunt

We were grateful that the rain stayed away on Thursday 21st while we had our annual Easter Egg hunt in the Sixth Form garden. All our Sixth Formers hunted in the shrubbery for the hidden eggs and the tutor group with the most eggs won a prize - Tutor Group 12KPG were victorious with 49 eggs! Well done and Happy Easter to all!



Mental Health First Aid Training

On Wednesday 20th March, 12 Year 12 students took part in a 3 hour Mental Health First Aid Training session.

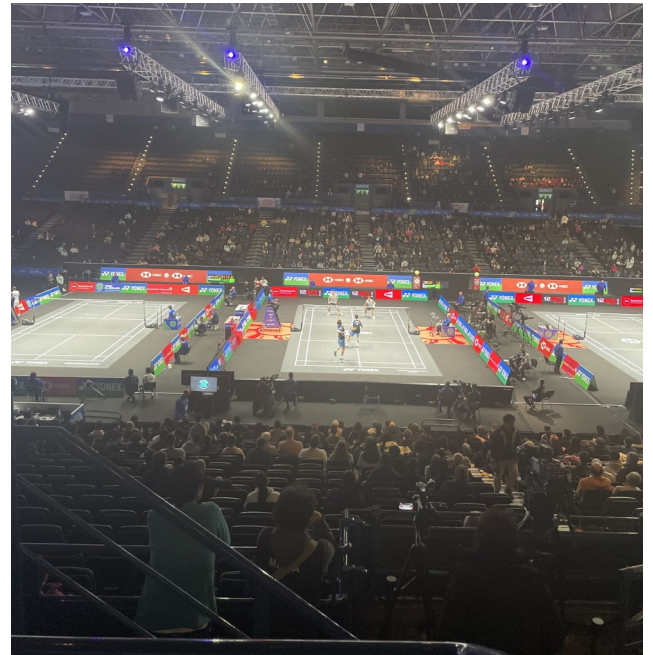
The group will work to promote mental wellbeing and provide support as Mental Health Ambassadors across the school community.



Badminton Championships Trip

On Tuesday March 12th, 45 Year 10 Sports Studies and GCSE PE students were fortunate enough to be able to attend the All England Badminton Championships at the Utilita Arena in Birmingham. This was a chance to see first hand, the top badminton players in the world. As it was the first day of competition, there were Men's Singles, Women's Singles and mixed doubles across the four show courts.

Students were able to witness not only the athletic excellence, but also the staging of a World Class event alongside the input from sponsors, advertising and the media so it certainly covered lots of parts of their current course. The impact technology had on the event was also extremely prevalent. It is definitely a trip we will be looking to do again in the future for PE groups.



Dursley Lions Donation

We want to say a huge thank you to the Dursley Lions Club who kindly donated £450 to Rednock School for new football kits.

With this generous donation we were able to purchase brand new kits for the girls football teams! Pictured below are the U14s and U16s girls teams who had a fun match wearing the 2 new kits.

The U16's beat the U14's 4-1. The game showed the amazing progress of girls football locally and what a talented bunch of girls we have at the school!





International Week

This week we have celebrated our annual International Week, with lunchtime lessons in Mandarin Chinese, Portuguese, Italian, Polish and Welsh. Students have also taken part in German Easter egg decorating, French crêpe making and even attended a flamenco workshop!

INTERNATIONAL WEEK



MONDAY

Mandarin Chinese lesson with Mrs Lin during lunch.



TUESDAY

Italian lesson with Mrs Johnston during lunch.

German Easter egg decorating.



WEDNESDAY

Portuguese lesson with Mrs Womersley during lunch.

Polish lesson with Mrs Archer during lunch.

French crêpe making during lunch.



THURSDAY

Welsh lesson with Mrs Wade during lunch.

French crêpe making during lunch.

Flamenco dance lesson after school.



FRIDAY

Multi-lingual Easter challenge.

Flamenco Dance Lessons

We were lucky enough to welcome a professional Flamenco Dancer to Rednock who led a flamenco lesson for some of our dance enthusiasts. The students were taught the basic steps of the style and then put them all to music to perform a traditional Flamenco Tangos routine!





French Crepes

Some budding chefs signed up to cook crepes this week and as you can see from the photos, they mastered the classic pancake flip! Fancy giving it a go? Here's the recipe Mrs Nelmes used.

Ingredients

140g plain flour
200ml whole milk
2 eggs
25g unsalted butter, melted, plus a little extra for greasing

Method

STEP 1

Sift the flour with a pinch of salt into a medium-size bowl and make a well in the middle. Mix the milk and 100ml of water together. Break the eggs into the well and start whisking slowly. Add the milk and water in a steady stream, whisking constantly and gradually incorporating the flour as you do so.

STEP 2

Whisk until the batter is smooth and all the flour has been incorporated. Set the batter aside to rest for 30 mins, then whisk the melted butter into the batter.

STEP 3

Heat the pan over a medium heat. Very lightly grease the pan with melted butter. Using a ladle, pour roughly 2 tbsp of batter into the pan and swirl it around so the bottom of the pan is evenly coated. You want to use just enough batter to make a delicate, lacy pancake. Cook the pancake for about 45 secs on one side until golden and then using a palette knife or fish slice, flip the pancake over and cook the other side for about 30 secs until it freckles. Or try flipping the pancake like the brave students below!

STEP 4

Slide the pancake out of the pan and either serve immediately or stack on a plate with baking parchment in between.





Rocket Challenge

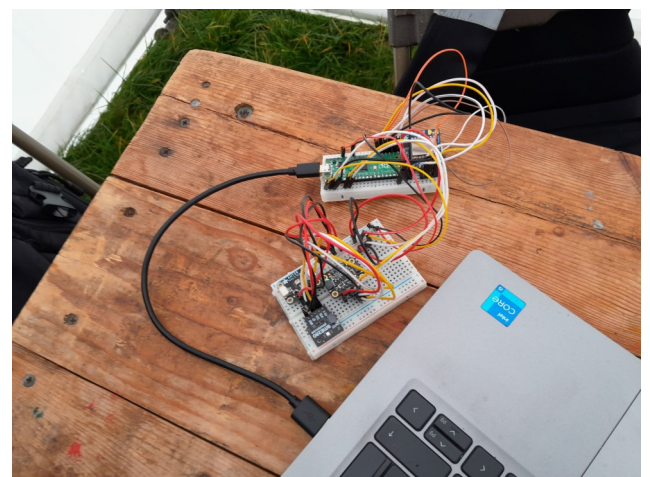
Over the last few months a group of Year 9 and 10 students have been working hard towards their entry into the CanSat competition which provides students with the opportunity to have practical experience working on a small-scale space project. They were tasked with designing and building their own simulation of a real satellite, integrated within the volume and shape of a soft drink can. They had to fit all the major subsystems found in a satellite, such as power, sensors and a communication system, into this minimal volume.

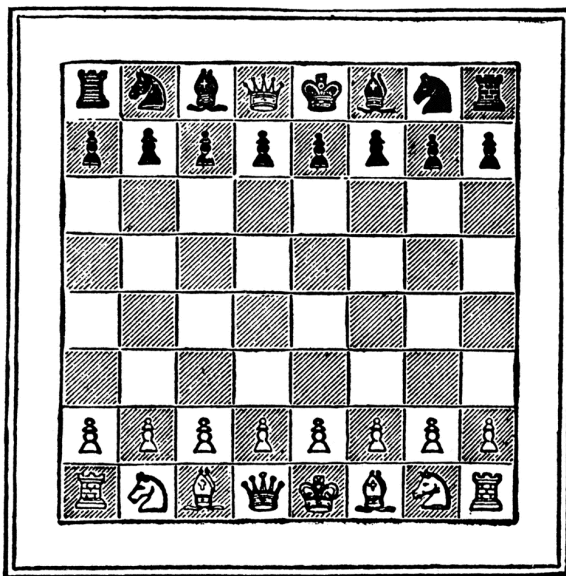
The team were set a primary mission of measuring air pressure and air temperature during the CanSat's descent, with data being transmitted to the students' ground station. They were also tasked with designing a secondary mission of their choosing. They added in an altimeter, accelerometer and camera.

After building their CanSat the team were invited to a launch at COTEC testing site on 12th March. Unfortunately due to adverse weather conditions they were not able to launch on the day (we have been invited back when the weather improves). However all participants have achieved a Silver Industrial Cadet award for their efforts and are ready to enter again next year.

Look out for information coming soon as we will be searching teams for next year. This has been a fantastic opportunity to learn new skills, work with individuals in the space industry and collaborate with students from other schools. If you want to know more in the meantime please ask the students who took part for more information!

The students would like to extend their thanks to all of the staff who supported them from printing the can, to making the parachute and sourcing and borrowing computer equipment.





The Rednock Intercommunity Chess Showdown

Calling all Chess players! The Rednock Intercommunity Chess Showdown is fast approaching and we're looking for any keen or aspiring chess players to join the battle.

Players will get the chance to compete against students from other communities during the tournament, the opportunity to win prizes, earn reward points and practice and improve their skills. Sign up in the LRC by **Friday 12th April** to join in the fun!

Mrs Alexander's 1140km Challenge

Mrs Alexander, and her daughter Liz, are running the London marathon on Sunday 21st April in aid of the Stroke Association. Click [here](#) to find out more or donate.

To help with their campaign we are holding a fundraising day on Wednesday 17th April. The whole school community are attempting to cover 1440km by walking, cycling, jogging and running. Why 1440? Well, it's the total number of students and staff who make up the community of Rednock School!

More details of the day will be announced shortly but in the meantime pop it in your diaries that Wednesday 17th April will be a non-uniform day. As always, we ask for a suggested donation of £1 and the theme is 'dress for sport', wear your favourite team's kit or your Rednock PE kit. We also want Sixth Form to wear as much purple as they can to show their support!

Stroke
Association





Easter Bunny

For a couple of weeks now, if a student attended 10 consecutive 'sessions' in a school day then their name was added into an easter draw. By the end of the day Thursday 21st March, 2441 entrants had gone into the great Easter Egg giveaway draw for the last day of term. The Easter bunny then delivered 40 chocolate eggs to the students drawn at random out of Mrs Cole's electronic hat!

Armed Forces Career Advice

On Friday 22nd March, ex Rednock student Daniel Moss joined us to give a presentation on musical careers in the Armed Forces. Students from Years 9-13 had the chance to hear about different career paths on offer in the forces. If students would be interested in attending music lessons with Daniel and other members of the Army there are some free workshops this weekend being held at Sir Thomas Rich's School, Longlevens, Gloucester.

- Sat 23rd March, 10am – 4pm
- Sun 24th March, 10am – 2pm
- Sun 24th March, 2.00 – 2.30pm - performance for the public

To register your interest or find out more click [here](#).





Bristol Regeneration Fieldwork

Over two days the 123 Year 11 Geography students undertook fieldwork investigating regeneration projects in the Bristol area. Students and staff started their day nearby the Lloyds Building amphitheatre, sketching the MShed, Arnolfini, Wharf and modern apartments. From here they moved through to the Hippodrome via Millenium Square, taking decibel readings, completing bi-polar analyses and calculating zonal land use figures. Next stop, after a brisk walk, was Cabot Circus. Here the students questioned members of the public about their views of the regeneration that has taken place in Bristol, and possibly did a spot of shopping too. Finally students walked through Castle Park, across the bridge at Finzels Reach and onto Temple Quarter, replicating their morning's data collection techniques. Then ensued a journey home through Filton where students observed the hi-tech industry and logistic hubs now driving Bristol's economy. The students were a credit to the school, the weather was temperamental, the staff very tired. Well done all, good luck with the exams Year 11!





Year 7 Netball Tour

Our first Netball Tour for our Year 7 students headed off to Boreatton Park, Shropshire, for the weekend on Friday 15th March. Eighteen girls, Mr Barrett and myself enjoyed a fantastic weekend of competitive netball against many different schools. The girls gained such valuable experience from these matches and produced some excellent team work. Team A won four out of their six matches and Team B won three out of their six matches which was a very pleasing result and showed great determination and effort.

As this is a PGL centre, there were lots of other fun activities for the girls including abseiling, rock climbing, a giant swing and in the evenings, students enjoyed a camp fire and a silent disco. All of our students had a lot of fun and were extremely well behaved at all times. In fact, our A Team won the award for the Top Team of the Tournament for showing sportsmanship, respect and kindness over the weekend which made us all very proud. Players of the Day awards were given to Dulcie Burns, Emily Beeston, Heidi Olpin and Eve Delmaine, but all of the girls played very well and had a lot of fun over the weekend.

Miss McParland



Sports Clubs Term 5

Tuesday

After school - Indoor Cricket Net - Girls and Boys - Years 7-11

After school - Rounders - Girls - Years 8-10

Lunchtime - Tennis - Girls and Boys - All years

Wednesday

After school - Softball - Boys - All Years

After school - Rounders - Girls - Year 7

After School - Tennis - Girls and Boys - Years 7-11

Lunchtime - Tennis - Girls and Boys - All years

Thursday

After school - Athletics - Girls and Boys - All years

Lunchtime - Tennis - Girls and Boys - All years



Easter Revision Sessions

During the Easter break, we will be offering a selection of revision support sessions for Year 11 and Year 13. These sessions are a great opportunity for students to catch up on revision with the support of a teacher. Please see the table below for more details.

If a student wishes to attend any of the sessions then they should arrive 5 minutes before the start time and enter the school via Main Reception. They will need to bring their own food and drink into school as the catering facilities will not be open at this time.

| Date | Session | Staff |
|-----------------------------|--|----------------|
| Monday 25th March | Year 11 Art Support 9am to 2pm | Miss Chinnock |
| | Year 13 Psychology 9am to 2pm | Mr Mitchell |
| | Year 11 DT Revision 9am to 11am | Mrs Cornwall |
| Tuesday 26th March | Year 11 Maths Support 9am to 2pm | Miss Peverley |
| | Year 11 Art Support 9am to 12pm | SLT |
| Wednesday 27th March | Year 11 Hospitality & Catering Revision Support 9am to 2pm | Mrs Nelmes |
| Thursday 28th March | Year 11 French 10am to 2pm | Mr Carter |
| | Year 11 DT Revision 9am to 12pm | Mr Moir |
| | | |
| Tuesday 2nd April | Year 13 A Level PE 9am to 2pm | Miss McParland |
| Friday 5th April | Year 11 Biology 9am to 11.30pm | Mrs Johnston |
| | Year 13 Biology 12pm to 2.230pm | Mrs Johnston |



Dates for your diary

| Date | Year Group | Event |
|-------------------------|------------|---|
| 29/03/2024 | N/A | Good Friday - School Office Closed |
| 01/04/2024 | N/A | Easter Monday - School Office Closed |
| 08/04/2024 | N/A | INSET Day |
| 09/04/2024 | N/A | Start of Term 5 |
| 12/04/2024 - 15/04/2024 | N/A | Silver DofE Practice Expedition |
| 18/04/2024 | Year 9 | Year 9 Vaccinations |
| 18/04/2024 | Year 7 | Year 7 Left population Parental Consultation Meetings |



Advice from National Online Safety

You can find this guide and many more by clicking [here](#).

At The National College, our WakeUpWednesday guides empower and inspire parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Fundamentally delivered by National Online Safety, these guides now address wider topics and themes. For further guides, facts and tips, please visit [thenationalcollege.co.uk](#)

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- MINDFUL TECH USE**
Encourage a balanced approach to screen time. While phones, tablets and so on can serve as a handy means of entertainment, it's advisable to introduce their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.
- EFFECTIVE SLEEP PRACTICES**
Offer practical advice on reinforcing certain habits that have proven effective in developing patterns. Children could start keeping a diary to track their sleep patterns and identify if they could use up excess energy by exercising during the day.
- HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day, while limiting access to caffeine to prevent disruption during the night. It's a good idea to switch off any keep-meeting to get out of bed for the toilet, as drinking caffeine late in the day also wakes the body and brain to wake up.
- CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions, featuring an ideal space for quality rest. The room temperature should also be suitable for sleeping – that is, not too hot and not too cold – while ensuring that the bed is tidy and free of clutter so possible.
- RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the hour before bedtime. To prepare the mind for a peaceful night's sleep, avoid consuming spicy, stimulating, and heavy meals close to bedtime, as they can lead to sleep issues.
- PRIORITISING ADEQUATE SLEEP**
Emphasise the crucial role of sleep in promoting physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during the school year, as periods of lost sleep during the school year can impact children's learning and overall health.
- NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing strong, consistent sleep patterns. Try to limit sugary snacks and drinks, as they can lead to disrupted sleep. Encourage children to eat plenty of fruit and vegetables, as well as lean protein sources, not only to fuel the body, but also to reduce the chances of feeling too full to be comfortable in bed.
- PARENTAL SUPPORT**
Parents and carers, of course, are uniquely placed to support their children in developing and maintaining healthy sleeping habits. Parents can model healthy sleeping habits, encouraging children to follow suit. (Reinforcing anything from this list that they don't already do, to make a balanced bedtime routine and reinforce the importance of self-care.)
- MILITARY SLEEP METHOD**
Look up the 'military sleep method' – it's a technique for falling asleep quickly, which involves a series of steps to relax the body and mind. It's a good idea to encourage children to try it or even use it as a tool to help them fall asleep. (Reinforcing anything from this list that they don't already do, to make a balanced bedtime routine and reinforce the importance of self-care.)

Meet Our Expert
Marta Adams designs and delivers the UK's only specialist postgraduate mental health qualification, winner of the Social Enterprise UK 'One to watch' award, the charity's highest honour and support for entrepreneurs and social businesses. This guide has been written by Adam O'Brien – a learning and development specialist who is also Associate Vice Principal for Personal Development at a large secondary school.

WakeUp Wednesday
The National College

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.03.2024

DURSLEY ANNUAL ASSEMBLY

ALL RESIDENTS OF DURSLEY ARE INVITED TO ATTEND THIS TOWN MEETING

SPEAKER

Mike Stratford
Headteacher at Rednock School

Also at this year's event:

- Leslie D Gale Awards for service to the community
- Reports from County & District Councillors, Community Groups & Organisations
- Updates on Dursley Town Council projects incl. the Pavilion and Bus Shelter Art

23.04.2024

VENUE
Kingshill House,
Dursley GL11 4BZ

MEETING STARTS
7 PM

For more information contact the Town Clerk
email: clerk@dursleytowncouncil.gov.uk
www.dursleytowncouncil.gov.uk

LIGHT REFRESHMENTS