

Alderman Peel High School - Learning to make the difference!

# News@Peel

Spring 2021



[www.aldermanpeel.norfolk.sch.uk](http://www.aldermanpeel.norfolk.sch.uk)





## Welcome to the Spring Term edition of our Newsletter.

Dear Parents, Carers and Students

It has been absolutely fantastic to welcome all the children back to school. The corridors and classrooms are once again buzzing with excitement as children and staff meet each other again. We hope this newsletter demonstrates the fantastic work students have completed during the latest lockdown, many during very challenging circumstances. On behalf of all the staff I would like to thank the parents and carers who have supported their children's learning at home. It is not at all easy, particularly when their own work is also continuing from home. Well done to you all.



We are really pleased to be able to start our extra-curricular activities again, there is a huge range of activities available every day already. Like you, we are hoping the Government's "road map" can be followed allowing us to offer all the activities, events and trips we did prior to COVID. We have already had many trips and events cancelled or postponed so please look at our calendar on the website which is updated weekly.

During the Easter break we are having more windows replaced. The 1963 window frames have served us well but the newer ones will help us improve the environment for students and also reduce heating costs and be more environmentally friendly.

Once again thank you for all your continued support at this time. The last twelve months have demonstrated very clearly the need for communities to work together and we are very proud and privileged to be part of the APHS community with you.

As we continue to make progress in the return to some normality I would also like to express my gratitude to our Governors and Wensum Trust who have been a great source of advice and guidance over the last twelve months. It really is a team approach and I am grateful for all their time and support.

Best wishes for a well deserved relaxing Easter.

Alastair Ogle  
Principal



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## The APHS Virtual Soloist Competition

To finish the Autumn term, we held a virtual soloist competition which was open to all years across different categories. There were awards for KS3 instrumental, KS3 vocals, KS4 instrumental and KS4 vocal. There was also a special award for the most uplifting performance. We had an amazing amount of entries and it was great to see so many students from our new Year 7 cohort, particularly as they have been unable to sing in class due to the COVID-19 restrictions. Every student who entered received a participation certificate and the overall winners received a badge to proudly wear on their blazers. The judging was extremely tough with only a few points between students, Our winners were:

- KS3 Instrumental – Charlie F
- KS3 Vocal – Amelie F
- KS4 Instrumental – Sonny M
- KS4 Vocal – Wilf L
- Most Uplifting Performance – Charlie F

## A Musical trend

A couple of weeks before Sea Shanties became a popular trend on Tik Tok, we started looking at our folk music topic which focuses on Sea Shanties. Part of the topic was to re-write the lyrics to the traditional 'Drunken Sailor' shanty to something more modern. There were some great submissions and whilst some students changed the title to 'The Grumpy Pirate', others drew on their experience of lockdown to put a personal touch to their lyrics.

## Virtual Instruments

As lockdown extended, it became increasingly difficult to find practical activities that all students could access from home. Year 7 began working on identifying the notes of the piano and made some fantastic diagrams of the keys. Some of them then used an online virtual piano to attempt to play 'Amazing Grace'. Some did so well that they were keen to video themselves playing and email it to me. Now we are back in the classroom, we are going to build on those skills and everyone will get the chance to play a real keyboard.

## Online instrumental and singing lessons

Throughout lockdown, we have been amazed by our students continued commitment to their musical education and many students adapted by continuing their instrumental lessons online. Despite the issues with video lag and audio quality with online meeting programmes, many students embraced the chance to continue learning and have progressed through their respective instrumental syllabuses. Many students also joined Mr Howell and Mr Preston every week for online theory classes. We even had two students who jumped at the chance to perform in an online piano recital. A massive well done to all of you.

## Exam Results

Sid S - Music Theory Grade 3 - Distinction

Henry T - Music Theory Grade 3 - Merit

### **Music Theory**

Bonita E - Music Theory Grade 2 - awaiting results

Yvie M - Music Theory Grade 2 - awaiting results

Alex C - Music Theory Grade 2 - awaiting results

Archie T - Music Theory Grade 1 - awaiting results

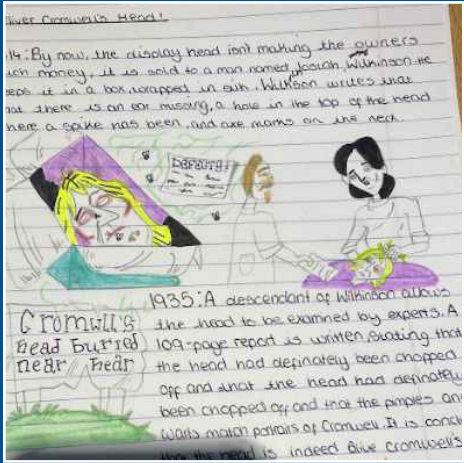
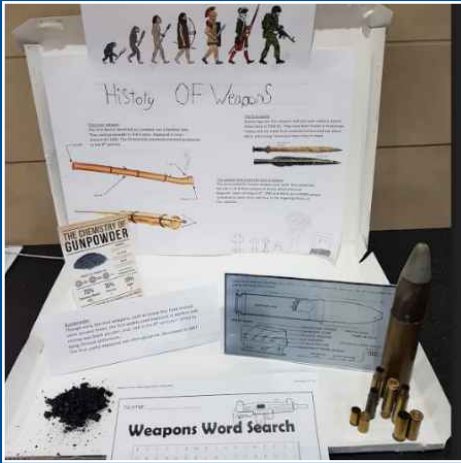
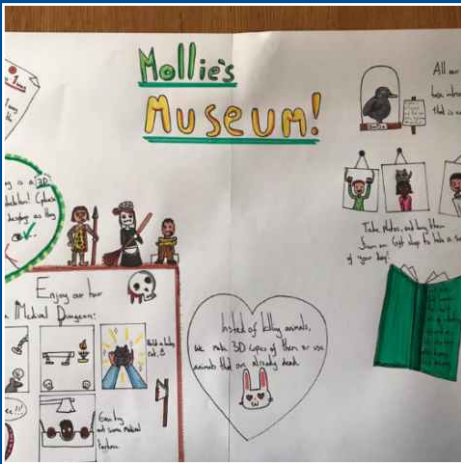
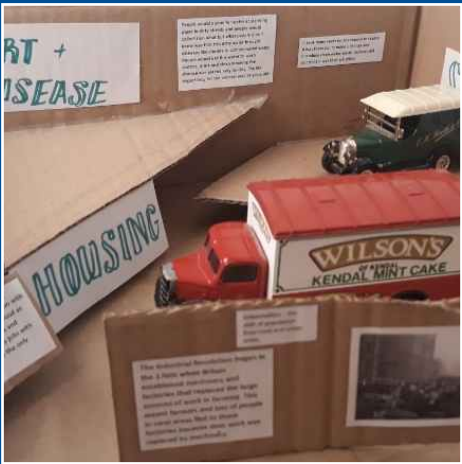
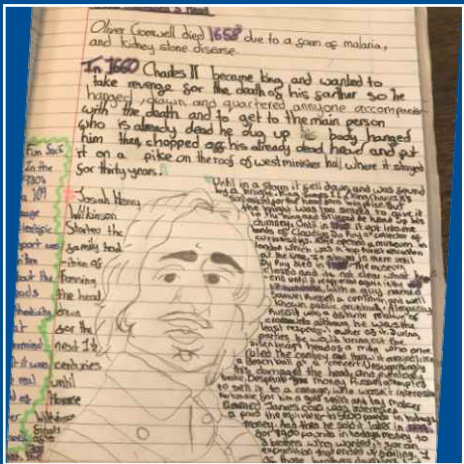
### **Online Performance**

Yvie M

Bonita E



The response to the History work set during home schooling was very impressive. Most History students embraced the work with vigour and enthusiasm and quickly overcame any challenges to produce work of a very high standard. Many went over and beyond. I am very grateful to both the students and their families for the support and dedication shown towards History during this difficult time. Year 7 were set the challenge of producing a museum exhibition of a historical topic of their choice. The work produced included a history of pirates, Romans, weapons, dirt and disease and even the history of pigeons! Year 8 researched what happened to Oliver Cromwell's head as well the history behind British money and Year 9 began to look at WW1. Overall I am very proud of all our future historians.



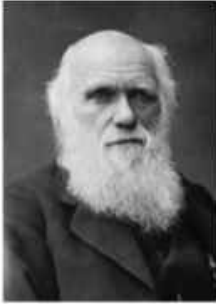
**Charles Darwin:**

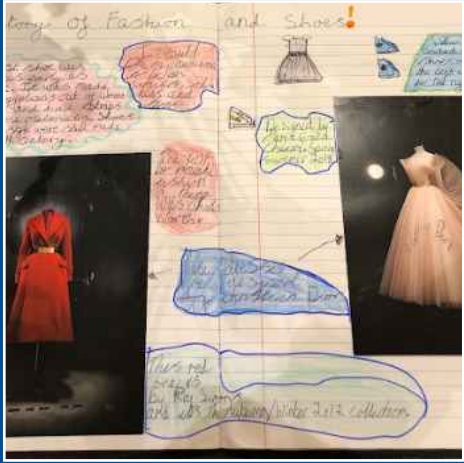
Born 12<sup>th</sup> february 1809

Died 19<sup>th</sup> April 1882

He was a scientist

Charles Darwin discovered the theory of evolution by natural selection. Whilst at Cambridge University in 1831 he joined a scientific expedition on the HMS Beagle which lasted nearly 5 years. He was sailing on a ship around the coast of Africa where he collected lots of samples of plants, animals and rocks. He also discovered that the world is much older than people thought (6000 years). He worked on the theory of evolution for 20 years and in 1859 he published On The Origin Of Species By Means Of Natural Selection.







In Science we have had some exceptional work from students for our science week task! We loved seeing the videos of you doing or explaining your experiment. Well done! the level of work that went into your posters is brilliant. We are all so proud of the work you have done. Marking the vast amount of work is taking time, there will be badges for five of the best in each year group and a trophy for the winner in each year group. Here are just a few examples. The Science Department

## HORSE SLEEP HABITS

They are extremely kind and loyal animals, not food source is grass. It's great for their health. They are also a great food source for a horse, also for your horse. **Don't** and vegetables give you your horse's delicate digestive system be careful, broccoli, sprouts, cauliflower or any stoned fruits. Concentrates such as for young old, competing and pregnant. Sulfur is actually good for your horse in the summer as they lose salt through sweat, as well as getting salt into the entertained when being groomed or

## THE DIGESTIVE SYSTEM OF A HORSE

After passing through the mouth and esophagus, food enters the stomach. There are three main parts of the stomach, the rumen, the reticulum, and the omasum. The rumen is the largest and is where most of the digestion happens. The reticulum is the middle part and is where the food is stored. The omasum is the smallest part and is where the food is broken down into small particles. The food then moves into the small intestine, where it is further broken down. The large intestine is where the food is absorbed and the waste is removed. The rectum is the final part of the digestive system and is where the waste is stored before being excreted.

## E DIET, DO'S + DON'T'S

Hay

Hay is a staple of a horse's diet. It is a natural food source and is easy to digest. It is also a good source of fiber. When feeding hay, make sure it is clean and free of mold. It should be offered in a clean, dry container. Hay should be offered in small, frequent meals throughout the day. It should be offered in a clean, dry container. Hay should be offered in small, frequent meals throughout the day.

## Bombs

Atomic bomb

Uranium 235

Detonator

Conventional Charge

28" in diameter, 10" long, 9,000 lbs  
50 kg of Uranium, 70% <sup>235</sup>U  
Critical mass = 17" in diameter  
Y = 12.5 kT

That changed in 1937 when the town of Guernica was bombed by German and Italian aircraft.

## GAS PLANETS!

### NEPTUNE

Neptune's surface temperature is -218°C! brrr freezing!!

The gravity on Neptune is similar to that on earth!

Discovery date = Sept 23rd 1846

Neptune has 5 rings and 14 moons.

atmosphere: hydrogen, helium and methane gas

NEPTUNE'S core is made up of rock and ice.

The methane absorbs red light which makes the planet's atmosphere appear a blue

it would take 12 years to get to Neptune from earth.

Neptune lasts 165 earth years!!



## Behind the door- short story

Exotic flavours tickled Mable's nose. Trees stood tall like soldiers, blocking her way into the forest. Strands of sunshine hair flew through the air as if trying to escape her head. Myths and legends of Talbots Forest were no secret to Mable. Everyday she heard something different: monsters, black holes, another world and even a secret village. The young girl couldn't help but giggle, when she was five years old the forest had become like a second home to her. Now, eight years later, it was like her first. You could call it an accident, or you could say it was on purpose however Mable didn't really know how she had found it. Still crystal clear in her mind, the day frequently questioned her. Had she been led here? Is there something she was meant to find? Was she sent here by her mother?

Shades of green gracefully flowed through the refreshing air like swans in water. A couple of years ago, Mable would have ran after them, only to find herself lying in a heap of luscious grass trying to catch her breath. It wasn't an unpleasant feeling though- unlike her weekly session of lacrosse which had left her breathless many a time. Mable had tried to stop, but her father would have none of it. Tom Renolds was a spiteful man- ever since Mables mother had disappeared, her father had turned on her. He blamed Mable for her mother's disappearance, even though deep down he knew it was his fault. He was the one who had made her angry. The one who had made her go out of pure frustration, and now she was just a faint reminder of how life used to be.

Fireworks lit up the sky as if they were bombs waiting to explode. One year had passed and, as puzzling as it was, Mable was going to miss 2016. For some reason, Tom was especially quiet today. Mable wasn't sure if it had anything to do with mother's disappearance, she had never asked. He had said he would tell her when she was older, at least then she wouldn't ask a thousand questions. Wasn't fourteen old enough? She put it out of her pondering mind, she wasn't going to let her father ruin New Year's day!

CRASH...

Mabel's eyes flew open as she laid in her soft bed. She cautiously got out of bed and looked at the time- 11:45. What had woken her up? She slipped on her slippers and walked vigilantly over to her window. Something was wrong with the forest. She didn't know how she knew but she did. Within minutes she had rapidly ran over there, only to hear the CRASH again. And again. Then silence.

A faint rumble came from above, and she knew it was going to rain. As the groaning got louder, Mable got quicker until finally she saw something in the corner of her eye.

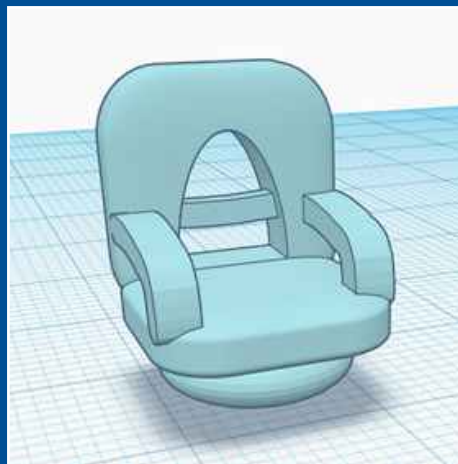
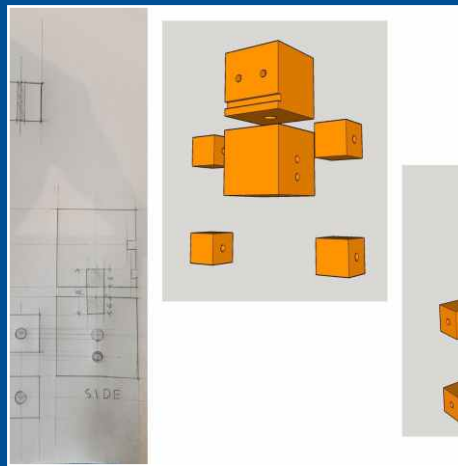
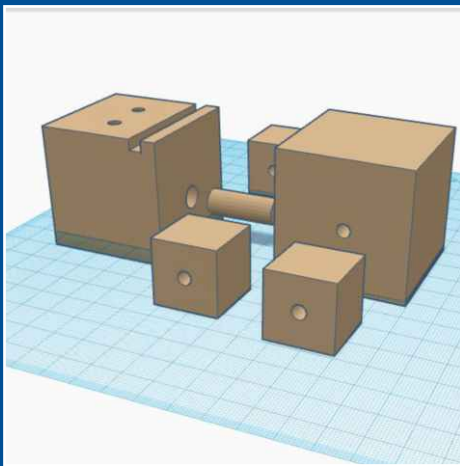
Glowing like a star was a small door like shape behind one of the trees. It almost looked carved into the crumbling rock. It was petite, even too small for her leg to fit in. Warily, she stumbled over to it. In all of her years of being in the forest she had never been in this part as it was always blocked by the trees. Vibrant flowers shone in the darkness and curvy branches gently brushed her back. As she walked up to the 'door', she looked back. Mable didn't know what was behind that door, she didn't know if she would ever see this place again. All Mable could think of was her mother- where was she? What was she doing? Could it have anything to do with this door? With those final thoughts, she turned around and carefully tapped on the door. Suddenly everything went black. Everything went calm...

Thick, black smoke was floating in the air. Mable's head was throbbing and as she silently opened her eyes, a swarm of children ran away. That was odd, she thought. Even though it had only been a few seconds she could quite clearly see the mud on their faces and hair. Back in London, her home, children would never be allowed to look like that. Realisation dawned on her mind. Like a bullet, Mable sat up determined to find out where she was. She had always sensed the forest was magic but never thought of it as a time machine. Flapping gently in the wind, a sign caught her eye. 'Talbot's castle~ 1857.' How strange, but then it hit her. It was the same Talbots. Through all of her years of reading books, she knew what the 19th century was like. It was like this. Suddenly she knew. This was her home.

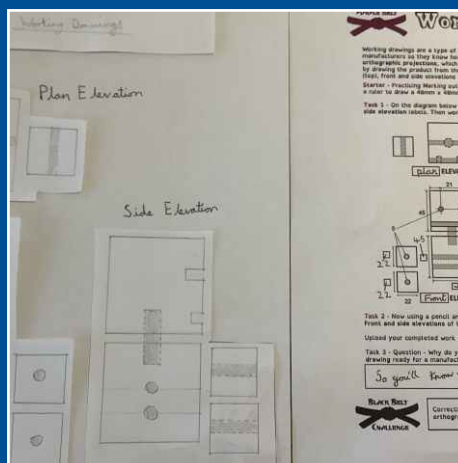
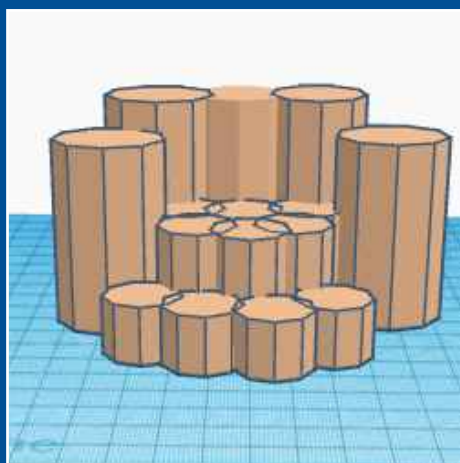
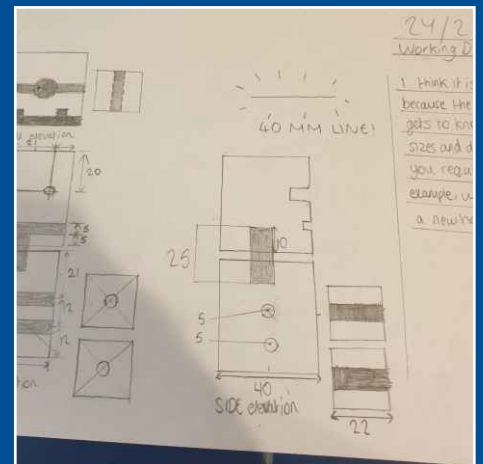
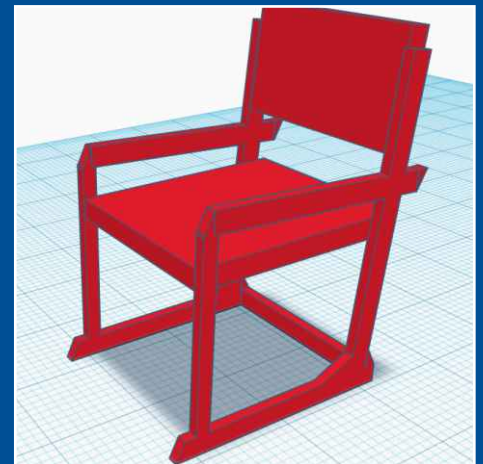
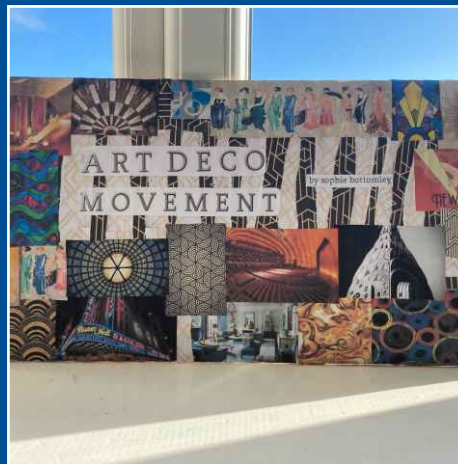


## Design & Make Project

Y7-8 were set a 'Design & Make Project' to create a prototype of their choice using whatever materials they had available with very impressive and varied results. They have also been learning about types of timbers and their uses. In preparation for the making of the "BlockBot" students made Orthographic drawings and CAD models to visualise the final products.









## 'Travelling' the Spanish-speaking world in Lockdown

During Lockdown, Spanish students have been learning more about the Spanish-speaking world through our optional lessons. Students have created some amazing work on Hispanic cultural icons, politics & history and have planned their own trips to countries like Mexico & Nicaragua. We have loved seeing your research and hearing everything that surprised you about the Spanish-speaking world!

Everyone who took part will receive a Lockdown Passport showing where you have 'travelled' during lockdown. Congratulations to A. Platt, A. Fisher (Y7) and everyone else who has received a Spanish badge to celebrate the great independent work they have produced!



Nine Key Stage 3 students took part in the Brilliant Club this year and worked hard to pass the 'How can chemists save the world?' programme of study. Just recently, the students received their results and feedback sheets from PhD tutor Elizabeth Gray and the school are delighted with the results.

The Brilliant Club programme allows pupils to experience university-style work and after six in-school tutorials, are required to write an assignment that is marked using the typical university assessment procedures. Five students achieved a first-class grade and the remaining pupils achieved a successful pass grade.

The pupils involved were as follows;

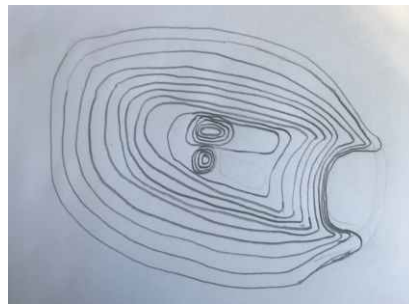
K.Peters Year 8  
W.Sands Year 8  
E.Catt Year 8  
R.Belton Year 8  
E.Checketts Year 8  
J.Cowell Year 9  
S.Falvey Year 9  
H.Mcneil Year 9  
F.Simmons Year 9



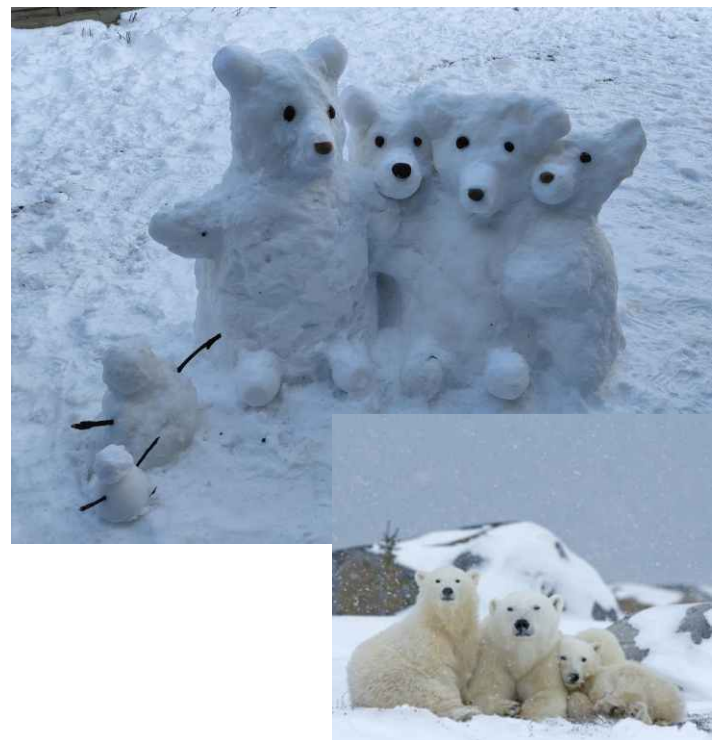
The Colosseum, Italy  
By A and S Barden



Active Volcano with contour map  
By O Bould



The Eiffel Tower, France  
By L Beamish

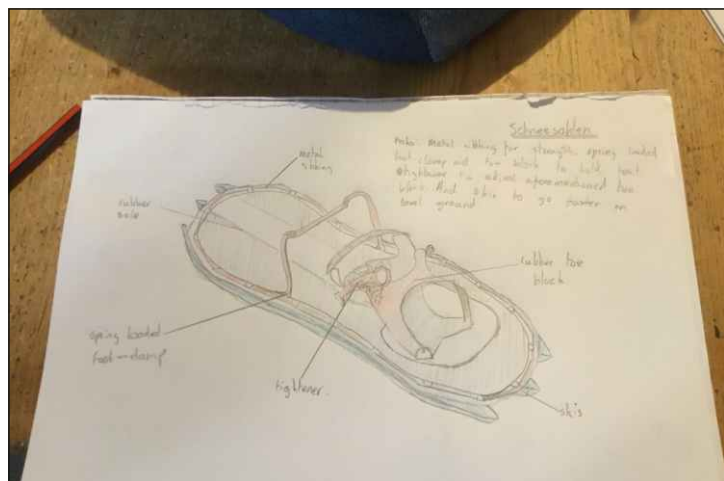


Endangered Polar Bears  
By C Church



## Maths in the Snow

With all of the snow that fell before the half term the maths department set some snow day maths challenges, which was hoped to be a diversion from working inside all of the time. A number of challenges were set, including building an igloo, designing a pair of snowshoes, 3D snow shapes and experimenting on the melting time of a snowball. The very dry snow hampered moulding it, so it was quite difficult to work with. We did have igloos from Sid & Jack M, Louis B, Oscar B-S (who suffered with the fluffy snow) and Dylan & Olivia C. Mallory G designed a superb pair of snowshoes and Oscar B-S moulded a pyramid. Bonita E looked at the time it took for different size snow balls to melt. Well done everyone! The Maths Team





## APHS Snowman/animal Competition

Students were set an optional PE task for the week commencing Monday 8<sup>th</sup> February, which was to build the best snowman/snow animal. This task would work on students' muscular endurance (the rolling and creating of the body) and muscular strength (lifting the head onto the body). In total there was close to 80 entries of all shapes and sizes.

1<sup>st</sup> place – A.Cartwright



2<sup>nd</sup> place – A.Coe



3<sup>rd</sup> place – B.Keenes



## Strava APHS PE Club (Lockdown 3.0 and beyond...)

Students were encouraged to get outside and remain active throughout the spring term by joining the Strava APHS PE Club (<https://www.strava.com/clubs/APHS>) and logging all of their walks, runs and cycles. We plan to continue tracking students' activities throughout the summer term too.

At the end of each week the top 10 most active on the leaderboard are rewarded:-

6th-10th place are awarded 5 achievement points each

2nd-5th place will be receiving 10 achievement points each

1st place will get 15 achievement points!

## Fantasy Premier League - APHS Student League

Students are invited to sign up (using an email address) and create a Fantasy Premier League football team consisting of 15 players (x2 Goalkeepers, x5 Defenders, x5 Midfielders and x3 Forwards) under the value of £100 million before then joining the APHS Student League. The league started on Saturday 27<sup>th</sup> February, but students are still welcome to join it using the following League Code: 7ektd or by typing in the web address/clicking on the link below

<https://fantasy.premierleague.com/leagues/auto-join/7ektd>

20 achievement points are awarded to the highest point scorer for each Game Week and will continue through to the end of the Premier League season. At the end of the season there will be a special prize for the student finishes top of the league!

Please don't worry if you feel you don't know too much about football or players there is an 'Auto Pick' option which will select your own team for you!





## Answers

1. Serena Williams
2. Gary Liniker
3. Tyson Fury
4. Jofra Archer
5. Michael Van Gerwin
6. Jurgen Klopp



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