



Parents' Newsletter

Autumn 2016

Dear Parents/Carers,

Summer seems a long time ago as the half term comes into view. It has been a busy time and there is a great deal to be proud of.

I am delighted to share with you that work begins on our extension housing our learning resource centre next week. It is hoped that this will be completed by Summer 2017. You will also be aware that we were recently inspected by the Diocese of Westminster. Although the formal report will not be with us until after half term, suffice to say the feedback was very positive indeed and we are looking forward to receiving it. As ever, our children were fantastic ambassadors for the school and they have every reason to be proud of it. We were also delighted this week to be acknowledged by 'Teach First' for our work in training teachers. Other external affirmation came our presence in the media reporting on the work of our poet in residence, Christian Foley who praised the creativity of the children and the work of the school in leading this aspect of school life. We are grateful to the publishers, Faber, for their sponsorship of this initiative. Media attention continues this week with a visit by ITV. Our Open Evening and Open days were very well attended and all who visited commented positively on the school, the children and its achievements.

The focus continues to remain on Catholic life and securing academic success. Year 7 participated in an enjoyable and prayerful pilgrimage to Canterbury, burial place of Cardinal Pole and shared their experience with us at assembly. Well done to them for their exemplary behaviour. Life in the Sixth Form has been demanding also, with a record ten applications submitted to Oxford and Cambridge. Please keep them in your thoughts and prayers. Remarkably, some of the applicants joined the school as non-English speakers in Year 9 and 10, a testament to their hard work and the support of the school. We often receive updates on life after Cardinal Pole and the many successes. Overleaf are two pieces written by alumni which reaffirms the reasons we strive so hard to help our students achieve their goals.

In my letter earlier in the year I was pleased to share with you that we are fully staffed, despite the challenges that schools nationally are faced with in securing qualified teachers. The children and visitors often comment that the school is a family and I am delighted to share with you news of two recent marriages, Ms Knox (now Mrs Green) and Mr Egan and also Ms Szweczyk's new arrival, Francesca. Congratulations to all!

Ms J Heffernan - Headteacher

ARCHBISHOP'S HOUSE,
WESTMINSTER, LONDON, SW1P 1QJ

September 2016

Dear Chair of Governors and Head Teacher,

At the beginning of the new term, I wish to welcome you back and assure you of my prayers for the year ahead. Congratulations on your examination results and for the hard work of last year, especially with students who found life at school difficult, and for the many demands placed on yourselves.

On September 18th, Bishop John Wilson will become Chairman of the Diocese of Westminster Education Commission. I know that you will make Bishop John welcome in your schools. The expertise which he brings from the Diocese of Leeds to the family of schools will help with the many new challenges which you face. I thank you for the welcome I have received in many of our schools and the truly remarkable work which is done there to foster the Catholic faith and develop the potential of the diverse body of children and young people. I have enjoyed this opportunity with its joys and its sorrows!

I thank members of the Education Commission for their dedication to Catholic education and the personnel of the Education Service for their hard work in often difficult circumstances.

I would also like to thank Virginia Utey for her work as my P.A. and with whom many of you have spoken. Bishop John Wilson can be contacted via his P.A., Rebecca Goode, at 020 7798 9023; rebecca.goode@redow.org.uk.

With best wishes.

Yours sincerely,
+ John Sherrinton

The Rt Revd John Sherrinton

Year 7 Pilgrimage to Canterbury



On Friday 30th September 2016 Year 7 went on retreat to Canterbury Cathedral in Kent. We all enjoyed the journey to Canterbury. We learnt all about Cardinal Reginald Pole's life. We also learnt about the different areas of the Cathedral, the fascinating history of it plus all about Thomas Beckett and how he died and the pilgrims that used to visit his remains.

As a student of Cardinal Pole School, I really enjoyed what we learnt about Cardinal Reginald Pole and Thomas Beckett. I took a lot of notes of all the interesting historical facts I learnt throughout the day. I really enjoyed myself. I would like to go again. Here are some quotes from my fellow Year 7 pupils:

"The trip to Canterbury was amazing. I enjoyed myself. My group and I got to light candles and talk to our tour guide. We saw where Cardinal Pole died." **Mary - Estelle Amodemaja**

"The building was massive and our guide Father David, who recently retired as a priest, told us that there used to be over 200 monks in the church at one time!" **Vernon Solomon**

"It was amazing and so many interesting facts! I loved it!" **Dillon Pepra**

"We saw Cardinal Pole's coffin and after we saw where Thomas Beckett died". **Caera - Marie Tague**

"The trip was really interesting and I enjoyed the tour" **Hannah Alawa**

"Once in a lifetime experience" **Jimildowu**

As you can tell, children from year 7 enjoyed themselves so much.

Thank you Mr Ryan for organising it..

By Rohan Thomas 7 Citherow

Cardinal Pole Catholic School



SIXTH FORM LIFE

Alumni News

Michael

My name is Michael Macaulay, I am 19 years old and went to Cardinal Pole School. I achieved 100% A*- B at GCSE and left the Sixth Form with A,A, B at A Level to study for a BSc Hons Economics Degree at the University of Nottingham. Whilst at Cardinal Pole, I had a week's work experience in Year 11 at Stamford Hill Library and the same again in Year 12 at the Union Bank of Switzerland (through the brokerage + Cardinal Pole). The school then brought in the Brokerage CityLink to work with us to gain experience. I then joined the Brokerage Programme in Year 13 from which I gained a 10 week paid summer internship at UBS just after completing Year 13. Whilst on the Brokerage I successfully applied for the Bank of England Scholarship Programme from which I was awarded funding, a mentor and two paid summer internships in my first and second year of university. Since leaving Cardinal Pole, besides the UBS internship, I have completed a 2 week spring programme at Goldman Sachs and I am currently in my first Bank of England internship in the Markets Division. Throughout my time at Cardinal Pole I was encouraged to gain experience through the school's dedicated work experience programme in year 11 and year 12. Alongside this, the school introducing us to the CityLink Brokerage Programme really helped me build on my experience and put me in the position I am today. I would urge all aspiring students (irrespective of career/field choice) to gain some experience/an internship as it really does make the difference.

Sigourney

I am a former student at Cardinal Pole Roman Catholic School. Whilst at Cardinal Pole I was always given the support I needed for example; exam support via revisions clubs and breakfast clubs before an exam. I feel as if this was a crucial part to my achievements. I took the English Baccalaureate pathway at GCSE and achieved 100% A*-C. I continued onto the Sixth Form where I was not only given exam support but also exposed to several opportunities in the working world. Firstly, I was fortunate enough to gain a place on the HEAPS programme organised by Teach First, this included a four day residential at the University of Cambridge. However, this opportunity hasn't just ended there; I am now in the process of becoming Teach First's Campus Brand Manager at University of Leicester. In addition to this, Cardinal Pole arranged an assembly hosted by the Brokerage Citylink; A charity organisation who provide opportunities for talented young Londoners. This for me raised awareness about the financial services in particular, from this I secured an 8 week paid internship in Lloyd's of London at the end of year 13. Currently, I am back at Lloyd's for a 3 month internship in the Financial Crime Department and will proceed into my second year at University of Leicester studying BSc Economics.

Duke of Edinburgh Awards begin at Cardinal Pole.

Last year saw Cardinal Pole start its first year of training and supporting our Sixth Formers and Year 9s to complete their Duke of Edinburgh Award. We had twenty Year 9s sign up and eighteen Sixth Formers.

The Year 9s have been busily logging their volunteer, skill and physical activities. We will be taking the Year 9s that have completed all of their activities on a training and assessment expedition in the summer.

Our Sixth Form group all successfully completed their first training weekend in June. The group travelled to the New Forest to learn map reading, camping and navigation skills. All the groups successfully completed 3 days of walking, navigating and working in teams.

We are planning to get both groups to complete their final assessment in the summer term. We will then be able to award our first Silver and Bronze certificates.

Mr N Yates - DOE Co-ordinator



ENGLISH DEPARTMENT

Literacy Week 3rd-10th October



Poetry is very much alive at Cardinal Pole school. The week was packed with activities where staff and students alike explored the National Poetry Theme of Messages. Our poet in resident worked as a 'pop up poet' visiting subjects across the curriculum and treating the students to a freestyle rap based on words suggested by the pupils and linked to the lesson content.

For the second time, Mr Foley's fantastic rapping in lessons has gone viral. Following on from our Literacy Week Pop-Up Poet project, we have had a magnificent response. The school has been inundated with journalists, radio stations and TV calling to speak to Mr Foley and the students about poetry at Cardinal Pole School. Even Oprah Winfrey's research team have contacted him. This week ITV have also come into school to film an English Lesson and interview poet and students. He has appeared on 'This Morning' and given an interview to Radio 5 Live. He also featured on the BBC Home page. Check on the links below – a few branches in the viral forest of Mr Foley's poetry at Cardinal Pole.

<http://www.bbc.co.uk/news/uk-england-37616371>

<http://www.standard.co.uk/news/london/rapper-50-cent-says-hackney-school-teacher-has-got-some-flow-for-classroom-raps-a3366656.html>

<http://www.nme.com/news/50-cent/97054>

<http://www.premier.org.uk/News/UK/Rapping-London-Catholic-school-teacher-praised-by-50-Cent>

In keeping with the assembly theme of St Francis, Christian Foley has written and performed a poem 'Check his Messages' which is printed below. We have had a wonderful response to our writing competition. We have also created a 'Messages' board where people from the whole school community have contributed their messages on a variety of topics. Spoken Word Club on Wednesdays continues to be popular with pupils coming after school to write and perform poems.

Check his Messages by Christian Foley

St Francis was the son of a wealthy merchant,
his father made a living from selling cloth,
but the fabric of Francis was woven for a different path.
and the money and the wealth would be a thing of the past...
but before all that, he was carefree
poverty was not a weight on his back,
and his clothes were rich, he walked tall and straight
and in fact, he could afford to spend whatever he had,
whether it was time or gold coins.

One night on the road, he rode to a bold choice
hearing an old voice that bid him to return to Assisi,
where he had grown up easy,
but the Fabric of Francis was woven for a different path,
and he had been set a different task,
to shine like the colours in brilliant glass
and to change his life from riches to rags.

And what is wealth today?
Is it the notes in your wallet?
The shoes on your feet?
The quality of food that you eat?
The car that you drive?

Or is it something that you hold inside,
a spiritual wealth, the one that Francis found,
he cast away his materials
and he cast away his status –
what is greatness?

That's something found in humility,
Simple humanity, it takes a lot of bravery to be kind,
These days you almost seem crazy if you're kind
We need to maybe just rewind
And think of the man who had it all, but really all was
nothing,
And when he had nothing, he found it all
And there we can find something,

In this world that can be cruel, and hard and so competitive
Turn to Francis in the text, and then go check his messages.

ENGLISH DEPARTMENT CONTINUED

DEAR: Drop Everything and Read and Accelerated Reader

'Drop Everything and Read' continues this year as a weekly part of the school timetable, ensuring that the pupils have at least 20 minutes of reading time during lessons a week.

As part of our whole-school focus on improving literacy, we require the students to have their own reading books as part of their daily equipment and ask that they are also reading at home for at least 20 minutes a day. Reading regularly for pleasure has been shown to improve student achievement in every subject. Please support this initiative further at home by reading regularly with your child, discussing books and checking they are regularly quizzing if they are on the Accelerated Reader programme (Year 7, 8 and 9). This can be accessed from home via the FROG Library Page. You can also encourage them to use the local library and if you wish to buy books, there are many discounted retailers online such as www.thebookpeople.co.uk. For recommended reads see the following websites:

www.booktrust.org.uk

www.goodreads.com

www.fantasticfiction.co.uk

www.librarything.com

<http://www.booksteensandmagazines.com>

(The bookfinder link below is very helpful.)

<http://mykindabook.com>

Bookbuzz is a reading programme from the Booktrust, which supports schools to encourage reading for pleasure, independent choice and develop a whole school reading culture.

Year 7 and Year 8 students will once again be participating in Bookbuzz this term. Students will have the opportunity to choose their own book from a list of 17 titles selected by a panel of experts, suitable for 11 - 13-year-olds. Each student will receive a book and bookmark to keep. They also have access to the website which is packed with a wealth of information, including extracts from the books, a film featuring the Bookbuzz authors, downloadable resources and exclusive competitions (see link below): <http://www.bookbuzz.org.uk/>



School Encyclopedia Britannica Online

We have just three months left to decide whether we should keep **Online Encyclopedia Britannica** to support your child's independent learning. Please enable us to keep this resource by encouraging pupils to use this site for their homework, especially independent research. The site can be accessed from home as well as school and is done so through the **library site** on the **FROG** platform, accessed through the school website.

Three age-appropriate sections provide a wealth of resources for your child. With three adjustable reading levels, an audio dictionary and a translate function into 800 different languages this site will be invaluable to your child's learning, providing resources for homework and research projects. Students will be able to conduct research, complete school assignments, work on special projects, or explore their unique interests.

The site adapts to all devices including tablets, smartphones and computers. The features include:-

- Learning games to engage young learners
- Thousands of magazine and journal articles directly related to search topics
- Merriam-Webster Dictionary with audio pronunciations
- 'My Britannica' to save and share articles, images and videos in a personal account.
- 90,000 images, videos and audio clips
- Subject Browse, from Animals and the Arts, to Science and Maths
- 129,000 of the Web's Best Sites related to search topics
- Biography Browse
- How-to documents for creating book reviews, presentations, research papers and science reports
- Read-Aloud feature ideal for enabling comprehension for young readers and ELLs
- World Atlas
- Compare Countries
- Primary Sources

Ms A Hartley - Lead Practitioner for Literacy

ENGLISH DEPARTMENT CONTINUED

Shakespeare's Globe Workshop

On Monday 10th October, A-Level English Literature students had the privilege of learning about Othello from the perspective of an actor who performs and works at Shakespeare's Globe theatre. Chune was able to help students understand status and roles in the play as well as in Shakespearean society through role play and active games. We looked at how the Bard used iambic pentameter to help show us the important words in his lines and how Shakespeare's Moor perhaps deserves more of our sympathies than it first appears.

Overall it was a great experience and a fantastic insight into the play and life at The Globe.

Ms K Archibald - Head of English



Year 7 Hackney Pirates



Ms A Appleyard - English Teacher

On Monday 10th October a group of Year 7 English students visited Hackney Pirates in Dalston.

They participated in a writing workshop that called upon their creativity and literacy skills. Every student had the opportunity to write constructively and with conviction.

Their work will be celebrated online in the next few days!

"I had a wonderful time. We created stories about a forest and a pirate ship. I felt like I entered another world!"

Mustapha Y7

"I really embraced the experience to become a better writer. I will visit Hackney Pirates again."

Olivia Y7

Don't Forget to follow us on Twitter
@CardinalPoleRC



DRAMA DEPARTMENT

The 14th Tale

On Tuesday 11th October 2016, Year 9 and 10 Drama students watched the award winning play "The 14th Tale". The one man show took place in school and was performed by former Cardinal Pole student Michael Oku. The performance formed part of Cardinal Pole's celebrations of Black History Month and explored themes of migration and cultural identity.



The play explored the journey of one man's experience growing up in Nigeria and moving to Britain. As well as exploring interesting issues the performance also enabled students to experience a range of drama techniques which were utilised to tell the story with just one actor including multi rolling, narration and cross cutting - we are sure the play will help develop all the students' performance skills.

After the performance, Michael led a discussion about the ideas in the play in which students created their own lines to explore cultural identity using the poetic language of the play. Michael also spoke positively about his time at Cardinal Pole and his experience studying Drama and becoming a professional actor.

It was a brilliant event and we help to welcome more performers to the school throughout the year.

What the students said:

I really liked the play because it caught my interest - it also taught me to be myself and that everyone is different. Ibrahim - Year 10.

I found the play inspirational because it shows that as a performer you don't need props and costume, you can create any character or setting using your spirit and energy. Darlene - Year 10.

I liked how when he changed characters it was very clear. It was like telling two stories. The message in the story was about growing up. How in the beginning he was naughty but when his Father was in hospital he matured. Paris - Year 9.



House Drama

Our House Drama competition is well under way! All six houses have been hard at work rehearsing their very own Grimms Tales plays:

Southwell: Hansel and Gretel

Arrowsmith: Ashputtel

Clitherow: Rumpelstiltskin

Line: Little Red Cap

Ward: The Magic Table, the Gold-Donkey and the Cudgel in the Sack

Campion: Snow White

Year 7, 8 and 9 from each house have been working with their Sixth Form Drama representatives to create and direct their own interpretation of the tales. On competition night there will be many awards up for grabs with winners chosen by the judging panel!

The performance will take place on Tuesday 15th November 2016. Parents will be invited to watch all performances and join in with the fun, keep an eye out information and tickets.

Ms L Thomas - Head of Drama

CAREERS AND GIFTED & TALENTED

The start of the academic year normally focuses on Year 11s and Year 13s getting prepared for their post-16 and 18 options. The year 13s have had a busy summer with many undertaking prestigious schemes at top universities such as Oxford, Cambridge, Newcastle and Bristol, alongside work experience at Linklaters, Allen & Overy, EY and various Government Departments including the Treasury. These opportunities are key preparation for the completion of their UCAS applications.

Our year 11s are currently undergoing their options talks, which include where they are planning to study and what subjects after their GCSEs. I have so far been impressed with their ambition and the preparation that many students have done so far. However, the importance of ensuring they work hard to achieve the grades has been emphasised to avoid disappointment on results day.

In addition, there have been a number of aspirational trips so far with more in the diary. A selection of Sixth Form Business and ICT students attended the Mayor of London's Digital Careers Show where they were able to network with prestigious employers such as Cisco, PWC and Merrill Lynch. Last week, a group of Year 9 boys attended an inspirational event ran by Young Hackney as part of Black History Month. The boys were able to network with a range of successful men from Hackney and find out what challenges they had to overcome to get there. It was also nice to hear from one of the speakers that one of our year 11 leavers Chenay Hussey has obtained a football scholarship in the USA. Well done Chenay. Finally, some Year 10 students attended an Architecture and Engineering trip to the City of London, where they were able to learn about the wide range of careers within the construction industry. It was interesting to see the reaction of the female students when one of the workers explained that if you are female and interested in this industry, there are a wealth of opportunities alongside being a very well paid industry.

Congratulations to our Year 10 students who have been successful in their applications for the UCL Horizons programme. Aaron Quidley, Janelle Frimpong, Natasha Agho and Roshana Roberts will undertake a 2 year programme at the top university. Year 12 student Shani Paul has also been successful in her application towards SOAS Scholars. Shani has aspirations of studying Law at university, so this opportunity should be of great benefit to her.

Four Year 12 students completed the Brilliant Club Scholars programme over the summer. Oanh Nguyen, Lessia Mbala, Ana Dos Santos Moreira and Tofunmi Kayode all worked with a Phd student to undertake an intensive piece of academic work. These students gave up a considerable amount of their own time to complete this on top of their busy schedules as all students were very pro-active in attending numerous summer schools and work experience programmes. Next term will see twelve of our Year 7 students undertake the challenging programme.

Mr J Egan - Careers Guidance Manager



MATHS DEPARTMENT

Junior Maths Challenge Success 2016

Students at Cardinal Pole Catholic School achieved 2 Gold, 2 Silver and 8 Bronze certificates in this year's UKMT Junior Maths Challenge. Over 250,000 pupils from across the UK sat the Junior Maths Challenge with roughly the top 6% receiving a Gold certificate, 13% Silver and the next 21% Bronze.

Approximately 6500 of the top students (Less than 3%) were invited to sit the follow-on competition, 'The Junior Mathematical Olympiad' or 'Kangaroo' and although none of our students qualified for the Junior Mathematical Olympiad this year, they have gained valuable experience and have done themselves and the school proud.

The students have done well in the Junior Maths Challenge this year with 20% being awarded a certificate.

Congratulations to **Alec Lau** and **Edward Badege** in Year 8 for getting a Gold Certificate and the Best in the school with an amazing score of 85 – Well done, **Alec** and **Edward**!

Fantastic effort produced by **Chris Hew**, and **Amari Gutzmore**, who each received a Silver Certificate.



Special mention goes to **Boran Sis**, **Bianca Oguh**, **Elizabeth Adewusi**, **Viya Katula**, **Chyna Grey**, **Alicia Junior** (Best in Year 7), **Ashani Ettienne-Horne**, and **Shania Kahuni** who all received a Bronze Certificate.

The Junior Maths Challenge is run by the UK Mathematics Trust and is aimed at students in Years 7 and 8. Further information about the Trust and its activities are available at www.ukmt.org.uk

We will be running the Junior, Intermediate and Senior Challenge next academic year.

Here are some of the questions that they encountered...would you be able to solve them?

Which of the following is closest to zero?

- A $6 + 5 + 4$ B $6 + 5 - 4$ C $6 + 5 \times 4$ D $6 - 5 \times 4$ E $6 \times 5 \div 4$

In a group of 48 children, the ratio of boys to girls is 3 : 5.

How many boys must join the group to make the ratio of boys to girls 5 : 3?

- A 48 B 40 C 32 D 24 E 8

What is the value of $\frac{1}{25} + 0.25$?

- A 0.29 B 0.3 C 0.35 D 0.50 E 0.65

Mr J Okosun - Maths Teacher

PE DEPARTMENT

Hackney Cross Country Championships 2016 Team

On Tuesday 4th October we took the largest Hackney School team to the Hackney Cross Country Championships. The students were all a great credit to the school and they battled round the 3K course on what was an unusually warm October day. We are still waiting for the official results to be published, however, the highlights were Caleb Modaku securing 1st place and John Hernandez 2nd in Year 10 boys, along with Kwaku from Year 7 who was 3rd in his age group. Well done all! Please read on if you are keen to do more running!

Park Run UK

Any parents or students who are interested in jogging and getting fit might want to consider taking part in one of the UK Park runs that take place at 9 am every Saturday morning across the UK. The local run is at Hackney Marshes (South Marsh) every Saturday with the start point near the changing rooms. You first need to register on the Park Run UK website and print off a barcode which you take to each run so that your result is uploaded to their website after the race. The atmosphere at these events is fantastic with a whole range of abilities from elite to steady pace walk/joggers. It is a good start point and a good way to motivate yourself to have a go.



Mr S Purcell - Head of PE

Cardinal Pole Football Team News

So far this season we have had Saturday fixtures against Bridge Academy, Hackney New School and Burlington Danes. We have had lots of close games with great victories but also some defeats. As always, the focus for Saturday football is about giving everyone an opportunity to play and maximise participation, the results don't matter as much. In addition to the Saturday football played at Hackney Marshes, we also enter teams into the mid-week cup competitions. The mid-week cup competitions are played as competitive fixtures where we will select our strongest team in the hope of a victory.

Cup Competitions

This year we have seen the year 7 team win 5-3 in Round 1 of National Cup vs Dane Court Grammar School and have games coming up against Bishop Challoner and Cumberland School in the Inner London Cup and the Greater London Cup before half term.

Year 8 unfortunately lost their National Cup round 1 game 3-2 but have games in the Inner and Greater London Cup against Chelsea Academy and Sydney Russell.

The Year 9 team won their round 1 National Cup game 3-1 against Hendon Barnet but lost 2-1 in round 2 away at St Laws School. They have games against Greenwich Free School and Sydney Russell coming up in the Inner and Outer London Cups.

Year 10 are due to play Maria Fedillis and Eastlea in the Inner and Outer London Cups.

Year 11 Year 10 are due to play Thomas Thallis and Bow School in the Inner and Outer London Cups.

The 6th form won 3-1 against Archbishop Tension in round 1 of the Inner London Cup and are due to play against Thomas Thallis in the Outer London Cup.

Mr D Hanna - PE Teacher

PE DEPARTMENT CONTINUED

Girls Football

Girls football has been a huge hit. Arsenal Foundation are delivering an after school girls football club on Tuesdays. This provides students with a fantastic opportunity to improve their football skills. The school have also entered the Hackney Girls' Football League for Years 7 & 8 and cup fixtures are also currently being finalised. The girls' ability to dribble and pass the ball is vastly improving and the girls are doing very well. Netball is also a large attender, students from a variety of year groups have been attending on both Thursdays after school and on Saturday mornings. Students are improving in their ability to shoot and for the Year 7's, they have really picked up the footwork rule well, finding themselves positions they are good at and are really progressing into a good team.



School Games

Cardinal Pole have recently achieved the Youth Sports Trust School Games Mark Silver Award! This recognises all the hard work from the PE Department in promoting and supporting Sport in the School and in Hackney. We are one of the only two Secondary Schools to achieve this award with no Secondary School achieving the Gold Award. A big thanks must go to all the students who have not only participated but officiated at numerous events we have organised. It would be great to see a few more new faces involved in the extra-curricular activities which are free and open to all. Please encourage your child to get involved in sport every week.



Miss S Reed - PE Teacher

Girls Netball Club - Saturday Morning & Thursday After School

Since the start of term, the PE department have been running a girls netball club on Saturday morning between 9am-11am for girls in Years 7-9. The girls have shown enthusiasm, with numbers between 12-16 each week, giving them an extra two hours per week to develop and improve their netball skills.

Netball club also runs on a Thursday afternoon between 3.30pm-4.45pm for girls in Years 7-10 – All are welcome!

Cardinal Pole have entered in the Hackney Netball Tournament, where each girls' team from Years 7, 8 and 9 will play other schools in Hackney. Last year, the Year 8 team (current Year 9's) came third overall and are hoping to improve this to get in the top 2 this year as a strong Year 9 team.

Year 9 GCSE PE - The 3 Year Path to GCSE PE

At the start of this academic year, a new cohort of Year 9 pupils started the new 3 year GCSE PE curriculum.

Students have two single theory lessons per week, where they have learned topics so far including: health and fitness, consequences of a sedentary lifestyle, obesity, somatotypes, energy use and nutrition.

The group also have a single practical lesson as well as an afternoon practical intervention session every Monday afternoon, where they have learned the basic fundamental skills of netball as well as positions, tactics and game play, a new activity for the boys, who are showing much enthusiasm and interest, transferring the skills they have learned in basketball from Years 7 and 8 over to netball. Other practical activities they will cover over the year include Trampoline and Athletics, as well as Football and Basketball for targeted pupils.

V Certificate Level 2 -Year 9 & 10

A selected Year 9 and 10 group have started a V certificate in health and fitness at the start of this academic year.

This is mostly a theoretical course, having covered topics so far including: health and fitness, benefits of exercise and skill and health related components of fitness. Students have also had the opportunity to do a variety of fitness tests in the fitness room and out on the MUGA and complete mini assessment tasks after each topic to clarify their knowledge and understanding and to build up a portfolio of evidence over the duration of the course (2 years for Year 10 and 3 years for Year 9).

Students are enjoying the course and engaging with the material in lessons. The Year 9 group have one double lesson and a single a week and the Year 10 group have three single lessons per week.

Ms M Pontifex - PE Teacher

Dear parent/carer,

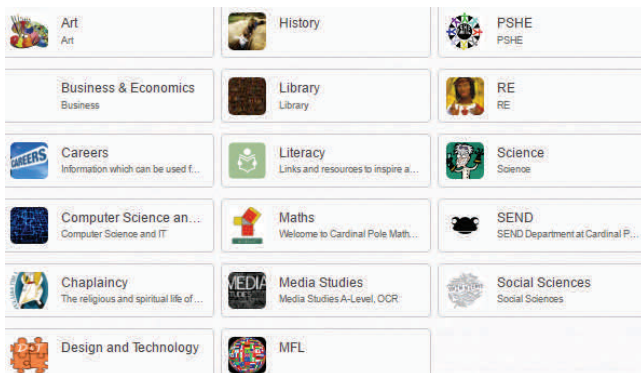
You may have heard your child talk about Frog and I wanted to take this opportunity to explain how this technology can give our students a real advantage in deepening their studies.

WHAT IS IT?

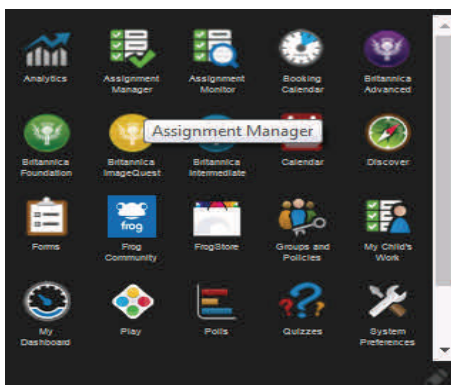
Frog is a Virtual Learning Environment (VLE) which gives your child access to a vast quantity of learning resources.

HOW CAN IT HELP MY CHILD?

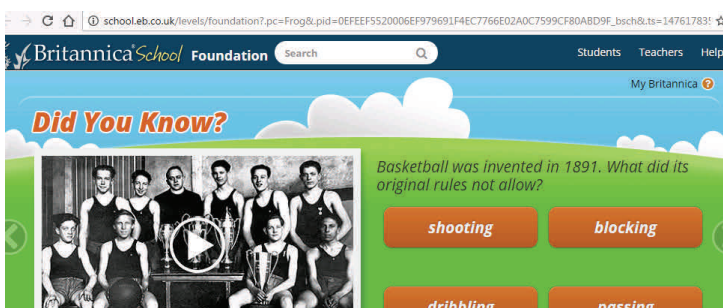
Access to the new curriculum: subject areas have uploaded lots of revision materials, e-learning websites, lessons, and videos to help with their independent learning.



Homework: Your child's homework will be available to see in their assignment manager, teachers can even supply digital worksheets and give students links to relevant websites.



Britannica online encyclopaedia: Access the digital version of this fantastic resource, your child is able to do research safely and securely and read material written by academics.



FrogPlay quizzes: This is a quiz based games learning system that allows your child to learn whilst playing their favourite game.



FROG CONTINUED

Once logged in you will see this page:

Homework will be shown in here

Please encourage your child to visit the curriculum sites to enrich their learning



To login to Frog visit www.cardinalpole.co.uk

Then click on the Frog Icon.



Your child should then login with their normal school login and password.

