



Cardinal Pole Catholic School

Cardinal Pole Catholic School Parents Newsletter

July 2014

website: www.cardinalpole.co.uk

Headteacher's Message



Dear Parent/Carer,

It has been an exceptionally busy term – not only with our focus on achievement and exams, but also on our rich and varied trips and extracurricular activities. Our children had been fortunate to receive additional academic support to ensure they achieve their very best, but also a chance to enjoy other experiences and a chance to shine – from debating to sports, to trips at home and away. A special highlight was the recent pilgrimage to Rome, there will be more on this in the next newsletter. There has been much to celebrate and to be proud of. None of this is possible without your support and the hard work of staff at the school.

I hope that you enjoy reading the newsletter.

Ms J. Heffernan

Headteacher

Mass at Westminster Cathedral



On the 5th June 2014, a selection of pupils from years 8 & 10 represented Cardinal Pole Catholic School at the Good Shepherd Mass at Westminster Cathedral alongside Mr Graham, Ms O'Connor and Mr Malyon. The event was attended by over 1000 Catholic School pupils from across the Diocese.

The pupils were great ambassadors for the school and demonstrated our strong Catholic ethos, with Rico Francis Nelson (10D) taking the first reading of the service. After the Mass they had the chance to meet Bishop John Sherrington, who visited Cardinal Pole School at the beginning of this academic year.



Sixth Form Pilgrimage to Rome



From Thursday 26th to Monday 30th June, ten Sixth-formers joined by Father Benedict, Mrs McBride, Mr McAleer and Ms Heffernan went on a Pilgrimage to Rome. The primary purpose of the Pilgrimage was to attend the Papal Mass celebrating the Feast of Saints Peter and Paul on Sunday 29th June. The Pilgrimage was a real success and our Sixth-formers will have many wonderful memories; including seeing Pope Francis (one Sixth-former got a selfie!), having a behind the scenes tour of the Vatican City, meeting the Papal Theologian and having afternoon tea with the British Ambassador to the Holy See. It was an exceptional experience. More in the next newsletter!

Attorney General Debate

I attended the Debate Mate Finals at City Hall. Jesse and Esther were representing the school.

Both students performed extremely well and were commended for their schools impact project. They were runners up in the Debate.

Colleen Amos



Year 10 visit to the WW1 Battlefields

On the 9th May 35 Year 10 students travelled to St Omer in Northern France to represent the school in commemorating the 100th anniversary of the First World War. The group was accompanied by: Ms McCormack; Mr Chamberlain and Mr Matthews (one of our school governors).

We left bright and early (far too early for some boys and girls who were asleep before we hit the Blackwall Tunnel, there was even the odd gentle snore although that could have come from one of the teachers!)

Our first stop in France had to be the hypermarket where the boys and girls were able to stock up on drinks and munchies for the inevitable midnight feasts. Later in the day one or two of the bedrooms had shelves stocked higher than our local Tesco. Next stop the chocolate factory where they delighted the owner with "oohs and ahs" in all the right places as the secrets of making high quality chocolates were revealed. How they enjoyed their just rewards of free tasting on the way out.

On Monday we started the day off packed with a fresh croissant and, thanks to some impressive translating from Ines, a better idea of how they were made at the local boulangerie. We then soaked up the sun in Boulogne, enjoying walking the streets of the historic town or sitting on the seafront eating some frites before heading back to the tunnel for our journey home.

The students were fantastic from the beginning to the end of the trip. No arguments, no tantrums; the few complaints referred to the food (always to be expected) and the weather.

We had numerous compliments paid to the students. The driver only had praise for their general good humour and even commented on how clean they kept his coach. The staff at the chateau thought they were great. The chocolate factory manager wants us to come back. For us the very best comment came from a totally independent bystander who witnessed the departure of another school group as we arrived to the Battlefield Trenches. His remark "how respectful and thoughtful your children are in comparison to that last lot".

They did us proud in representing the school by just enjoying themselves.

Ms McGarry/Ms Connolly



On Saturday morning we left for Ypres in Belgium to visit the first of our WW1 sites. Our first stop was the new exhibition in Ypres, 'In Flanders Fields'. This was a powerful and moving exhibition giving an overview of the war from its start to its ends through the eyes of civilians and troops who were involved. From here, we headed to Talbot House, a home from home behind the front lines where soldiers would seek a cup of tea and some solace... this was made use of by the teachers as we sought to avoid the rain also! The next stop of the day was a visit to a surviving trench system which turned out to be a more than authentic experience as the rain lashed down creating a quagmire. Even the improvised plastic bad wellies could do little to protect some trainers although there were a number of boys and girls who made it through the network of tunnels using the lights of their mobile phones - not such an authentic touch!

In the afternoon, the sun finally came out which gave us a chance to dry off just in time for a very poignant visit to the British cemetery at Tyne Cot which reinforced the sheer scale of losses of the Allied troops at the Battle of Passchendaele. This immaculate cemetery with gleaming white headstones and a tall central monument contrasted sharply with our next stop, the German Langemark cemetery. The difference in the two was startling as the shady oaks and flat black headstones marked mass graves of German soldiers who had died in the region.

Our final stop on Saturday was back to Ypres city centre where we enjoyed a meal out at a restaurant and saw the impressive Menin Gate before returning to the Chateau for some relaxation and drying off.



Year 8 Retreat

On the 2nd, 3rd and 4th of April this year our Year 8 students visited the beautiful and serene Kairos Centre Retreat. According to the Nuns of the Poor Servants of the Mother of God, "The Kairos Retreat Centre is for all who need to find a place of quiet, peace, harmony and hospitality... it is a place to pray, a place to think, a place to meet God".

The theme for retreat was "The Lenten Season and My Positive Future". Activities were as follows;

- The nuns welcomed and addressed the students, on how the Retreat Centre is managed daily and who nuns are and what nuns do. The students asked many questions that fascinated all.
- A meditation of the daily scriptural readings from the "Pray as You Go", in which students were able to reflect on their relationship with God and others, because thinking and acting positively secures a brighter future.
- Clips from the film "Jesus of Nazareth" were shown and activities on the "14 Stations of the Cross" were carried out by students. Each station was carefully linked to the daily activity of their lives.
- The Holy Mass was celebrated and students read and served at mass and led the prayer of the faithful. This encouraged the act of praying together, with each other and for others in need.
- Students competed against each other in groups through a game called "Matchmaking". This involved the picture of 30 saints and their histories. Students needed to match the history with the pictures thereby securing points for their group. This encouraged team work.



Personally, I am proud of the Year 8 students. Every aspect of the retreat was joyful and fulfilling. But above all, I am impressed with the nuns' comments about our students. According to the nuns, they were, "well behaved and very cultured". The experience at Kairos' retreat was spectacular and God will sustain what he has sown in his children. Kindly remind our Year 8 students, who are your children constantly of God's love.

A great thanks to all form tutors, teacher assistants, Mr. Gunning, Mrs. Laws and Mr. Graham who helped and joined the retreat with year 8 students.
Father Benedict

World Book Day

Cardinal Pole Catholic School was buzzing with book celebrations this World Book Day. Throughout the school day, reading was the main focus with lots of fun had by all. Pupils, in all year groups, were treated to workshops delivered by our Poet-in-Residence, Raymond Antrobus who was assisted by visiting poet and BBC DJ, Mista Gee as well as celebrated poet, playwright and fiction writer, Anthony Anaxagorou.



The day of reading celebration began with an engaging year 10 assembly on the joy of reading and a performance poem from our own budding young pupil poet Tian Sewell Morgan who wrote a poem for the occasion on how reading ignites life! She shared the stage with our visiting poet performers. Year 7 pupils got in the spirit of the event with colourful variations of book characters arriving at the school gates in the morning for a dressing up competition; raising money for the charity Book Aid International. The library hosted a book sale, Year 8 pupils went home with a free book and all pupils got a book token.



Tian Sewell-Morgan
Mohamuud Abdirahman
Joshua Izundu
Raqib Adebayo
Christian Paton

Spoken Word Review

I was lucky enough to witness performances by the school's Spoken Word Club members, at the 'Cardinal Pole Spoken Word evening'. It was an event filled with extraordinary talent, humour, and emotion, which really evoked in me a sense of pride for my school and the talent we have to offer. A real buzz was in the air; everyone could feel the sense of excitement building.

The event began with Mr. Antrobus welcoming us all to the showcase, and warming the audience up for an evening to remember. He started us off with one of his own poems – it was about the first time he wore hearing aids, and the feelings this experience generated. The poem was extremely moving, and really allowed us all to imagine being in that situation, due to the vivid imagery expressed. A thick roar of applause saluted Mr. Antrobus and his poem as it drew to a close, and he moved swiftly onto introducing the first performer; he assured us there was an abundance of talent to come.

Kicking off the show of young performers was Amber, a Year 10 student who had the audience's attention immediately thanks to her shy yet charismatic personality. Despite being interrupted by budding light technicians, Amber managed to captivate the audience; as her performance and poem itself was enthralling. She spoke with honesty and passion, producing striking lines such as; 'as big as the sky and I, am unaffected'.

Following Amber, was the first group performance of the evening: Jemima (Year 8), Melandra (Year 8), and Caelan (Year 7). These three young poets produced echoes of 'oohs' and 'awws' as they took turns to speak about falling in love. It was an interesting piece that really got the audience going.

At this point in the evening the atmosphere had reached a meteoric rise, and was rattling with poetic imagination as we yearned to hear more from the talented young people sat in front of us. Throughout the evening, performance after performance grabbed our attention with whole new sets of emotions they had to display. The themes that ran throughout were that of life experiences and personal tales, such as the 'first time I...' poems. Imbedded in the poems were the emotions and feelings these happenings and encounters created.

The flow of the evening continued as the next few performers took to the stage with some more honest, expressive, and gripping poems. Darryl, a Year 8 student, presented a poem that was completely open and sincere, full of passion and emotion towards the loss of his family member.

A group performance by the Year 11 pupils; Sarah, Lola, and Johanna, brought a new dimension to the event – music, which really added feeling to the story of their poem.

Next was a sixth form student Kenya, who owned the stage due to the presentation of her words (forceful and with meaning) which really reflected the words themselves; as we all created an almost audible intake of breath with our sheer excitement at the pace of her work. It was clear throughout the event that a huge variety of style and interpretation was on show; as each poem was completely different. A contrast displayed, was between the group and individual performances, which created an interesting variation for us as an audience. The groups played around with performance and stage presence, by including lots of interaction as well as humour and theatre. Their words seemed to dance as the lines of their poems intertwined while the group members took turns to deliver them.

The individual performers such as Javani (Year 12) and Abigail (Year 12) radiated confidence; as their poems surged out of them, line after line, capturing us with every syllable. The sheer fact that they were alone on stage, amplified the solidarity of, and how personal some of the poems were.

As the evening progressed we reached a performer who was slightly different to the others who came before him, in that we wouldn't expect to see him walking through the corridors in a Cardinal Pole uniform any time soon. This performer was in fact Musa Okwonga, a famous poet, author, and contributor to the Guardian. Mr. Okwonga immediately dominated the stage and audience's attention by asking us all to bring out our phones in order to be involved in his introduction poem which was all about technology.

The participation he encouraged created a further ripple of excitement throughout the audience, as Mr. Okwonga began his second poem. This poem used parts of his father's passport to imaginatively tell the story of his life, including striking lines such as, 'bare souls more urgently than your sergeants repair souls'.

The second part of the evening consisted of more incredible performances such as; Lessia's thought provoking poem about the London riots (which was full of striking lines and a confident flow of words), the year 11 group consisting of Kenneth, Prince, Chika, Rhys, and Raqib who's performance was unique and polished, Tayeb (a Year 9 pupil) who spoke passionately about what it was like to live with dyslexia and the first time he found out he had it, and finally Patricia (Year 12) who filled the room with a cascade of clicking as she shot out striking line after striking line.

The evening ended with a poem that had pace, passion, and precision – performed by Joelle Taylor (poet, playwright, and founder of Slambassadors UK). She totally mesmerised the audience with her astonishing technique and way with words, whilst voicing subjects that were relatable to us all.

Finally, Mr. Antrobus ended off the evening by thanking all the people involved, and causing the atmosphere to elevate even further as we all whooped, cheered, and applauded once more for the incredible poets of Cardinal Pole School.

Mae Slade - Year 10 student

The Head of Learning at the prestigious Arvon Centre wrote to us after the Spoken Word showcase to say "In my role at Arvon, the national writing organisation, I regularly get the opportunity to visit writing showcases. I can categorically say that the young writers who performed on Wednesday night showed an exceptional talent with words. The students showed a great deal of kindness, support and respect for each other's work and the pride they showed in the work that they have been developing with Ray Antrobus is stunning."

Some Comments received from members of the community

"It was far better than anything I've seen on Poetry stage before"

"They are learning to communicate with themselves and the world- this is the highest form of education"

"They listened to each other for 2 hours. They were honest. They were engaged"

"Brilliant deep and thoughtful; then came Musa- passport' no words"

"Professional performances and confident young people"

"Spoken word would definitely benefit all schools. A new medium of artistic expression, a space to voice anger, sadness, wonder, a fruitful expression of energy"

"I thought it would be boring and drag on I'm ashamed to say. But I really enjoyed it"

Some Comments reviewed by Pupils that attended the Showcase

"It helps you to express your feelings"

"I learnt about striking lines and bridge metaphors"

"It exceeded my expectations because of the intensity of the poetry"

Physics Professor Visit



Recently we were lucky enough to host Professor MacCallum, a Physicist from Queen Mary, University of London. He gave an insightful presentation on the accuracy of Einstein's theory of Relativity, entitled "Was Einstein 100% Right?" The audience, filled with faculty and students ranging from years 10-13 were fully engaged as the Professor touched on some of the hardest ideas in Physics today; which was made easier with his comic timing and wit. His talk was not only entertaining, but it gave students a realistic idea of what being a Physics undergraduate would be like. Many questions were asked after the talk and it was encouraging to see how interested the students were.

Marie Gega, Year 13

CREST Bronze Award



Derecash Anokye (7D) has been awarded a prestigious CREST Bronze Award for his science project entitled "How do you grow crystals?" This is a fantastic achievement, particularly for a Year 7 student and we hope that Derecash's work will be an example to other students in the future.

Dr Moss, Science Club



The Crest Award is very challenging, both creatively and academically. What impressed me most when I first spoke to Derecash about his project was his clear vision of what he wanted to achieve and how he would go about doing so. Throughout the duration of the project Derecash investigated the formation of crystals and how he could control the size of the crystals he made. Derecash successfully made beautiful blue copper sulphate crystals of varying sizes and shapes through a variety of different crystallisation techniques. He has worked incredibly hard for this award and it is very well deserved.

Marie Gega, Y13, Science Club Mentor



Sports Round-Up



National Indoor Rowing Championships

Cardinal Pole was represented by 50 pupils ranging from years 7-10 at this year's National Junior Indoor Rowing Championship. There was an amazing turn out from all schools and rowing clubs which meant that this year's event at Lea Valley Athletics Centre was the largest rowing event in the world. This gave pupils the opportunity to try out new skills but also provided for many their first experience of competition and racing both individually and in team relays. The day was very successful with notable performances coming from Daniella Taylor who finished a commendable 4th out of a 189 (only 20 meters off first place) in the Year 7 Girls race. Sephora Teka who competed in the Girls Year 8 race also put in a strong performance finishing 26th out of 290 participants.

A top 15 finish was a great performance for Thomas Middlemiss, Kwabena Offei, Darryl Fortune and Jason Zapata-Caiceido in the Boys Junior Relay, who after individual performances rowed exceptionally well. The Boys Senior Boat Race was open to pupils from years 10-13 which required participants to row as far as possible in 16 min 19 sec (the boat race record). Cardinal Pole was represented by eight year 10 boys (Charles Donkoh, Hope Osifo, Michael Morgan, Benoit Mbundu, Rafael Sayat, Samuel Afolabi, Olumkinde Mise-Orisagbemi, Idris Al-Ameen), who demonstrated high technical ability and efficient change overs to catch the attention of many spectators. Against tough competition from more experienced competitors the boys were able to secure 5201m to finish 8th in one of the most exciting and highly contested races of the day. Well done to all those who attended.



Junior Boys Relay (YEAR 8 & 9) From left to right: Darryl Fortune, Thomas Middlemiss, Kwabena Offei and Jason Zapata-Caiceido



Junior Girls Relay (Year 8 & 9) From left to right: Daniella Taylor, Demi Fayese, Jessica Modaku and Sephora Teka

Year 11 London Football Cup winners

It was great to see the Year 11 football team share the London cup with St Bonaventures after a good game played at Harlow Town FC. They were behind twice in this game but came back due to determination across the team to succeed. At half time they were trailing 2-1 and could have easily given up and allowed the very direct play from St Bons to get the better of them. We looked good in the second half and broke down the St Bons attacks whilst playing some nice fluid attacking play to create chances. This led to a terrific volley from Chris Ntueba which I will remember as one of the best I have seen by a pupil at CP. With three minutes to go Nana Kyei was fouled in the box but unfortunately missed the penalty which would have won the game outright. He has been terrific all year for the team and this was his first ever miss of a penalty in any game. The game stayed 2-2 through extra time and so in the rules of this competition we shared the trophy which is 100 years old.

I have been very fortunate to work with some fantastic teams over the years and believe this was the most technically able group of players I have worked with. From the back to the front of the team they tried to play the ball on the floor and build attacks whilst also being able to see opportunities to be more direct when required. When they finished some of their build up play, I was left to stand back and think wow! In the quarter final of this competition they made Barking Abbey (who have a terrific footballing record) look very average beating them 5-2 with one goal coming from around 15 intricate passes and movement into space starting from the right back. I wish them all the best for the future, hope they all continue to enjoy their football and look back on this year with fond memories.

Mr Purcell

Super Saturday

On Saturday 1st March we had approximately 175 pupils involved in sport at CP. This was made up of the following activities:

10-20 pupils taking part in a Judo event.

25 at Trampolining

130 pupils at football. 7 teams and a group training session for year 7's not playing in the match.

These figures are even more impressive when we consider that Trampoline had a quiet week which may have been down to a group of tired year 9 pupils after the disco on Friday night.

This is not an unusual figure and shows how keen the pupils are to be involved in the activities we offer. These events are not possible without the staff who turn up. Thanks to Miss Gare, Miss Pontifex, Mr Hanna, Mr Gunning, Mr Tavares, Mr Graham and Calvin from Hackney Judo club.



Pupils representing the team were:

- | | |
|------------------------|----------------------------|
| 1. Patrick Cawley | 9. Donell Shyngle |
| 2. Kale Otchere-Nyarko | 10. Bolton Ferreira |
| 3. Jerry Puemo | 11. Derek Boakye |
| 4. Desire Ligue | 12. Scott Golomingi |
| 5. Jaffru Jah | 13. Patrick Kanu |
| 6. Chris Ntueba | 14. Jack Roberts-McCarthy |
| 7. Merhawi Gile | 15. Belker Gaspar Da-Silva |
| 8. Nana Kyei | 16. Serge Ambweya |

**Sports Day news
in the next Newsletter**

Lepra

Last year saw a fantastic achievement from the current Year 8 and Year 10 who raised over a £1000 for Lepra. This year we have welcomed LEpra back as it brought the school community together and raised money for a good cause. This year we raised money from Year 7 and Year 8, with a joint assembly to celebrate exceeding the £1000 raised last year.

Mr Hanna - Head of Year 7



Winning!

Congratulations to Terence Reilly of

for recently winning a poster competition promoting community cohesion. Not only did his poster win an award but his general helpfulness and impeccable behaviour at the awards ceremony was noted. Sean Glancy (Advisory Teacher for Travellers) said that Terence was a credit to himself and to the school.



This project included a group of pupils who don't normally participate in extra curricula activities and I'm sure you'd agree that such participation is a real positive. The poster competition enables the Gypsy, Roma and Traveller communities to be raised in a positive light. Sean Clancy - Traveller Liaison Officer

Sixth Form - Smart Futures



"Regardless of your circumstances, background or income, whatever you put your mind to you can achieve it with hard work."

Janet Siwoku May 2014

Like so many of the students at Cardinal Pole Sixth Form, Janet Siwoku (Year 12) wants more for herself, she wants to be someone, to make a difference and she is willing to work for it. Janet has just received a fantastic offer from Ernst & Young (EY) for her to join their Smart Futures programme in 2014.

EY work in 140 countries, with 167,000 employees, their business is worth \$24.4bn and they have been voted the 4th best employer in the UK for education leavers. Their Smart Futures programme is a 3 week paid placement at their offices in Central London, including mentoring from staff and recent graduates. As well as working with one of the world's most respected companies this programme will aid Janet's future university applications next year and will look brilliant on her CV too.

Janet who beat over 400 people to get a place on the programme said "I was nearly screaming down the phone when they told me! I'm very excited, I loved the building, the work environment of EY and I can't wait to dive in over the summer."

She will have a busy couple of months after her AS exams because she has also gained a place on a Nottingham University five day residential in July through the Sutton Trust. This is another highly competitive programme to get on to and just one of the many opportunities that we make available to students at Cardinal Pole Sixth Form.

To find out more about this and all other post-16 opportunities contact the Sixth Form Pastoral Support Manager who is more than happy to answer questions and offer support. All opportunities are also displayed in the Sixth Form area and distributed by the Pastoral Team.

Dates for your diary...



SUMMER TERM 2014

July

| | |
|---------------------|--|
| Mon 14th - Fri 18th | Y10 and Y12 Work Experience |
| Mon 14th | Y7 Achievement Assembly |
| Tues 15th | Y8 Achievement Assembly |
| Weds 16th | Y9 Achievement Assembly |
| Fri 18th | Y10 Achievement Assembly |
| | End of Term Liturgies |
| | Last Day of School Year - School finishes for students at 12noon |

August

| | |
|------------|---------------------|
| Thurs 14th | A-Level Results Day |
| Thurs 21st | GCSE Results Day |

September

| | |
|----------|----------------------------------|
| Tues 2nd | School Closed - INSET Day |
| Weds 3rd | Year 12/13 late registration |

Children return to school (date to be advised)

TERM DATES 2014/2015

| | |
|--------------------------|------------------|
| Autumn: | 2 Sept – 19 Dec |
| Spring: | 5 Jan – 27 Mar |
| Summer: | 13 Apr – 17 July |
| INSET days to be advised | |

Holidays

| | |
|---------------------|-----------------|
| Autumn Half Term: | 27 – 31 Oct |
| Christmas/New Year: | 22 Dec – 2 Jan |
| Spring Half Term: | 16 – 20 Feb |
| Easter: | 27 Mar – 10 Apr |
| Summer Half Term: | 23 – 30 May |