



# Parents' Newsletter

Autumn 2016

Cardinal Pole  
Catholic School



## Dear Parents/Carers,

When I read the Newsletter I am always amazed at the enriching education provided here at Cardinal Pole and the many opportunities available. This term I especially enjoyed the House Drama, the publication of our new Poetry Anthology, the Winter Concert and hearing about the success of the Year 7 football team. All of these events could not have happened without the enthusiasm of our students and the support of our staff. I am looking forward to the Carol Service at St Dominic's on Monday 19<sup>th</sup> December 2016 to round off the year and to serve as a reminder to us all that the key focus of Advent is preparation for the coming of Christ. As ever, students

at Cardinal Pole have responded with enthusiasm to the call to serve others through charity collections during this Advent Season, a testament to their faith in action.

Other key milestones this term were the Outstanding Catholic Inspection in October, a record number of applications to Oxford and Cambridge and the very successful Challenge Partners visit in December. We also very much enjoyed the visit of Bishop Wilson to the school (see his letter below). The final matter of note is that the building of the new extension has, at last, begun. My thanks to Michael Delany, our Business Manager, and our Governors for their support in securing both the finances and the planning permission for this; no easy task in the present financial climate. I am very excited that the school will have a truly amazing Learning Resource Centre and much needed additional classrooms for the Autumn of 2017.

I hope you will join me in saying farewell to the following staff:

Mrs Laws — Deputy Headteacher, who will be taking up a Headship at St James', Catholic Secondary School, Barnet.

Ms Pinto — MFL Teacher, who is relocating to Jersey.

Mr Purcell — Head of PE, who has secured a post at Beckton Primary School. See his parting comments later in the newsletter.

Likewise, I would like to welcome our new staff for January 2017 as follows:-

Mr N McDaid - Acting Head of Boys' PE

Ms A Holmes - Head of History

I would also like to congratulate Ms Pontifex on her promotion to Acting Head of Girls' PE.

## OPPORTUNITY

At Cardinal Pole our students here take pride in their appearance and uniform. We appreciate the cost however involved in maintaining this so.... I would like to take this opportunity of asking any parent or friend in Cardinal Pole who would be interested in taking on some ad hoc paid tailoring work to ensure that our blazers stay in the condition we expect. If you are interested in such work, please provide our Office Manager, Halina Samuels with your contact details.

## REWARDING ACHIEVEMENT, BEHAVIOUR AND ATTENDANCE

Congratulations to all the students who secured awards this term. Well done especially to the following students who received the Year Group Award.

Laura Morenosrios - Year 7

Charlie Crocker - Year 8

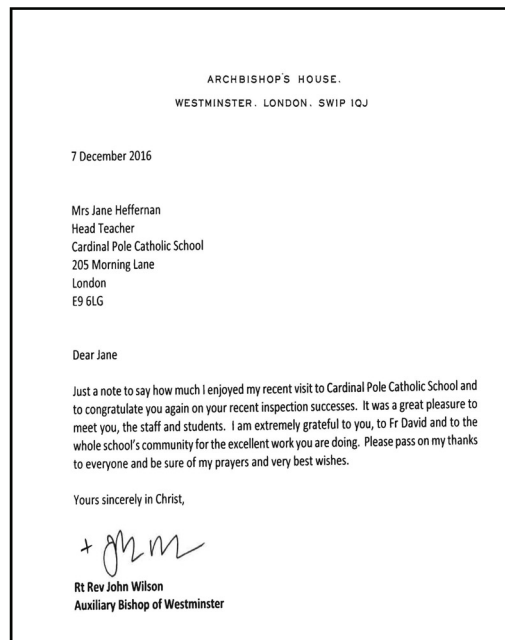
Emmanuel Dei - Year 9

Jhon Hernandez - Year 10

Faith Osifo - Year 11

Wishing all Cardinal Pole families, a holy, happy and peaceful time with your families and friends.

**Ms J Heffernan - Headteacher**



## Christmas Card Competition

We had an amazing amount of entrants for our Christmas Card competition this year but our winning entry (see below) came from year 8 student Angelina Sacewicz.



Don't Forget to follow us on Twitter @CardinalPoleRC



# PASTORAL WORK

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## MY MESSAGE POEM - By Sinem Saglam Year 7

This is a message to everyone,  
who supports violence, war, negativity and sadness.  
Confidence, where are you?  
I miss you; I can't find you.  
You used to push me forward when I was down.  
I miss you; I don't know where you are but right now,  
they need you more than me.  
The ones suffering in The Philippines;  
the ones in Syria;  
the ones who are in pain;  
the ones who are in doubt;  
are the ones who need you more than me.  
The ones who wake up to guns yelling;  
The ones who are forced to run;  
The ones who are forced to fear;  
The ones who have no one holding them;

The ones who are ignored;  
The ones who have fear running across their eyes;  
The ones who don't say anything.  
You can just see that they are tired of fear, of running, of  
guns yelling.  
The ones who are tired of life are ignored. Nobody cares.  
They suffer. Nobody cares.  
They are held at gunpoint. Nobody cares.  
They flee. Nobody cares.  
They hide. Nobody cares.  
They're scared. Nobody cares.  
They struggle to survive. Nobody cares.  
But someone does care.  
I care.  
Do you?

## Year 8 Rugby — School of Hard Knocks

A historic occasion occurred on 21st October when Year 8 students from Cardinal Pole donned their rugby boots to play their first ever game of rugby against a mixed Haileybury 2nd XV and 3rd XV side. The game was played in a fine spirit, with Haileybury lending a couple of players to Cardinal Pole, with the Hertfordshire side going on to win the game. The result was the last thing on everyone's mind though, with the game itself and the experience being the most important thing. It was a game remembered for the barnstorming runs from the likes of Deysharn Shaw, and big hits from Guilherme Fernandes Djalo and Terrique Tomlin, while in Rashane Headley, Cardinal Pole had the outstanding player in the match. Rashane Headley was awarded the "Man of the Match" by former Welsh and British and Irish Lions Captain Michael Owen.

This is in continuation with the work "The School of Hard Knocks" coaches and mentors have been doing with these students on a weekly basis. It was a game that was all about bringing joy, experience and life lessons, and it certainly did that!

### Mr D Lawrence — Head of Year 8



# CATHOLIC LIFE

## Year 8 Caritas Workshop

Year 8 took part in Caritas Workshops on Friday 2<sup>nd</sup> December, this focused on Homelessness, Food Poverty, Disabilities, Refugees and Elderly People. Each student learnt about the different areas and the way it can affect people and communities. Westminster Caritas run a number of projects throughout the Diocese in Parishes and Schools in order to help those who are in need. Year 8 will fundraise for Caritas during Advent and then again in Lent.



## Charities

Each year group is fundraising for a charity, to support those who are in need in our communities and the wider world. Last year the school raised over £6000 for its charities, which is a significant sum. Each charity has run an assembly on who they are and what work they do. The year groups have come up with many fundraising ideas such as cake sales, discos and Christmas film showings. I will let you know the total in the New Year.

Year Group	Charity
7	Lepra
8	Caritas
9	CAFOD
10	St Joseph's Hospice
11	Catholic Children's Society
12	Providence Row
13	The Passage

The school Foodbank was also open for donations and is a really worthwhile cause helping those who are in need of emergency food supplies throughout the Christmas period. The students get behind this every year and also delivering their donations and this year we collected over 450 items.

## Diocese of Westminster's Good Samaritan Mass

Last summer, myself and other staff were fortunate enough to visit Westminster Cathedral with the school's liturgy reps for the Diocese of Westminster's Good Samaritan Mass. After a slightly delayed journey through central London we arrived at Westminster Cathedral where we were lucky enough to be given an excellent tour round the Cathedral. The tour was a good mix of historical information and opportunities for prayer and reflection centred on the year of mercy. We then made our way to Buckingham Palace where we had our lunch and were able to see the Queens guards.



After lunch we headed back to the Cathedral for the highlight of the day - Mass! Amongst hundreds of other secondary school children from across the Diocese we enjoyed the beauty of the Catholic Mass in the centre of English Catholicism. Our students were exceptionally well behaved in the church to the extent where a member of staff from another school stopped to commend us on our good behaviour.

After Mass we all emptied out onto the Great Courtyard of Westminster Cathedral where school groups were taking it turns to have their pictures taken with Cardinal Vincent Nichols. Seeing an opportune moment we hurried to take a 'selfie' with the Cardinal as can be seen in the photo. It was a very enjoyable day for us all and the students involved represented the school fantastically.

**Mr T Edwards - RE Teacher**

# CATHOLIC LIFE CONTINUED

## Remembrance Service



"**The eleventh hour, of the eleventh day of the eleventh month**, Cardinal Pole Catholic School stood silent to pay their respects to those who fought in the Great World Wars, after which the sound of The Last Post could be heard throughout the whole school, played by our Head of Music, Mr Wright. Six students who are members of the Air, Police and Fire Cadets attended the War Memorial outside Hackney Town Hall, with around 50 people from the community to lay their wreath in order to pay their respects, amongst a completely quiet Mare Street. The students represented the school in a very positive way and this was acknowledged by a number of the community, thanking the students for being present and holding the short ceremony that had been planned by them".

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## Catholic Children's Society Carol Concert

On Wednesday 7<sup>th</sup> December, fourteen students from Years 7 and 8, made the trip to Westminster Cathedral to experience a festive afternoon of Carols and Christmas Stories, presented by the Catholic Children's Society and Cardinal Vincent Nichols. The Cathedral was packed full of other Catholic Schools from the Westminster Diocese, each school brought a gift and presented this to Cardinal Vincent Nichols on behalf of the Charity. The Christmas Nativity Story was acted out by members of the Catholic Children's Society with some star guests being a real Donkey and Sheep brought into the Cathedral. Cardinal Pole is currently fundraising for this Charity as a part of our Advent preparations and have used the Charity in previous years. The students ended the day meeting Cardinal Vincent on the steps of the Cathedral and wished him a happy and holy Christmas.



## Cardinal Pole Catholic School Reconciliations

As a part of the students preparations for Advent, each class has had the opportunity to receive the Sacrament of Reconciliation. Students have had time to reflect on things in their life and offer this to God through this wonderful Sacrament. Ten Priests have been in the school to help the students with this from Local Parishes including Fr Cyril (Homerton Parish), Fr Michael (Kingsland Parish), Fr Stewart (Assistant at Kingsland Parish), Fr Clive (Manor House), Fr Paul (Hoxton Parish), Fr Gabriel (Hoxton Parish), Fr George (Hoxton Parish) and Fr Paschal (Stoke Newington Parish).

The school is very lucky to have our network of Priests and Parishes and we are very thankful for them helping us with the developing the students faith through this Sacrament.

**Mr J Ryan - Chaplain**

# ENGLISH DEPARTMENT

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## English Speaking Union Public Speaking Competition

Two teams of Year 11's attended Robert Clack School in Dagenham to compete in a Public Speaking Competition, with Bisola receiving "Best Individual Speaker". Our second team comprising Lexie, Faith and Jemima (all 11C) won and are now through to the Regional Final which will be held in Mayfair in March 2017.

**Ms A Hartley - Literacy Lead Practitioner**

# SCIENCE DEPARTMENT

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## Year 12 & 13 Biology Field Trips

Our Year 12 biologists spent two days during half term doing biology field work in Epping Forest and successfully completed three of the required practicals for their course. The tasks involved discussing habitats, the organisms that live there and how we can estimate their population size by using quadrats to collect data from random and systematic sampling, as well as catching woodlice for a mark-release-recapture. The data collected was used to draw kite diagrams and calculate Spearman's Rank to see if there was a correlation between two variables. Personally I think the highlight of the trip was being able to sample pond water and study the freshwater invertebrates!



Our Year 13 biologists spent a day during half term at Wakehurst, which is part of Kew Gardens (but not in London!) It is a truly beautiful location and the students observed some amazing sights! The students used gel electrophoresis to analyse DNA from different woods to identify whether or not the wood was harvested legally. They visited the Millennium Seed Bank and saw where the seeds are dried, frozen and stored underground and where they are germinated to grow. They also went behind the scenes to meet the scientists who are striving to preserve seed samples for the future. **Miss E Agathangelou - Science**



## YEAR 11- FORM TRIP

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11C were given the great opportunity to visit the Houses of Parliament and speak to our MP – Meg Hillier. We were fortunate enough to be taken on a tour of the House of Commons and the House of Lords; gaining information about our country's government and deepening our understanding of the ever-changing world of politics. The surround screen theatre room was especially intriguing as it gave us a fun, brief explanation of the historical context of Parliament. We were fascinated by the elaborate paintings and intricate designs in the Palace of Westminster and we felt privileged to be in a place of such grandeur.



We were lucky enough to run into Mr Patrick Grady, the SNP MP for Glasgow North and he happily told us about his experiences as a politician. As if the day could not get any better, we also got the chance to speak to Meg Hillier, our local MP. We asked her questions about her life as a politician and she told us that her job was 'tough but rewarding'. She gave us advice on how to get involved in politics and even invited us to join her at her surgery!

"It was fascinating to learn about the busy schedule of a politician like Meg Hillier" – Jemima Williams 11C. "The chat with Meg Hillier was insightful and inspiring." – Raymond Agaba 11C

**By Faith Osifo - 11C**

# DRAMA DEPARTMENT

## Beauty and the Beast - Performances Spring 2017



Saviour Jachie  
Christabel Tsibu  
Grace Bellrose  
Jasmin Grace  
Nayara Joao  
Cinira Gasper Da Silva  
Lovelie Brown  
Aleya Toysun  
Maria Inegbenose  
Jelani Monroe  
Sinem Saglam  
Dorcas Sabwe  
Assiba Kouakou

Mary Adekoya  
Eniola Aboaba  
Ayo Adegite  
Whitney Bola Oyeledun  
Charlene Ofori- Attah  
Lait Lamontagne  
Roshanna Roberts  
Kurtys Rechal  
Dorcas Impraim  
Plamedy Efekele  
Chantel Mbadinuij  
Oneilla Francis  
Tracey Prempah

Itunu Adeenlakan  
Josephine Akoto-Sasu  
Princesse Kabuya- Tshimanga  
Ibrahim Konate  
Fatou N'Doye  
Kayla Monroe  
Christie Gwanmesia  
Melany Bedoya Holguin  
Abigail Mensah  
Shakira Saunders  
Serena Ndamba  
Darlene Forsun

### What is the House Drama Competition?

Cardinal Pole students from Years 7, 8 and 9 have been working collaboratively in their Houses to create their very own pieces of drama to present in competition with each other. Each House has been led by our very own Sixth Form drama reps, each of whom have taken drama and theatre for their AS and A Level studies.

Our drama reps have led the students through the rehearsal process and together they have directed the plays themselves. Each house was simply given one Grimm's Fairy Tale from the well-known collection to bring to life and each of their interpretations were their own.



Thank you to all the friends and family that came to celebrate the hard work of all the students. The evening was extremely successful and the Drama Department is extremely excited about abundance of talent we have here at Cardinal Pole.

### Ms G Green - Drama

#### Clitherow Drama Reps

Renee Salmon Anderson  
Gabrielle Gardner

#### Play

Rumpelstiltskin

Lekan Akinwale  
Monica Dimbu  
Osasere Imade  
Mary Estelle Amodemaja  
Nazli Alakirik  
Simon Bahati  
Serena Ndamba  
Luke Middlemiss

#### Cast

Dianna Ndukwu  
Dillion Pepra  
Alexis Sandy  
Rohan Thomas  
Vincent Shi  
Kerelle Mayele  
Jasmine Rodney

#### Southwell Drama Reps

Ayo Adegite  
Brandi Quidly  
Sarah Lokola

#### Play

Hansel and Gretel

Yushanna Kayle Okanlawon  
Nissi Shamiso Viana Chitwell  
Gbemisola Fadaini  
Daniqua Kaylana  
Joseph Henry  
Ibrahim Conteh

#### Cast

Gabriel Essien  
Louison Mandangi  
Modu Jasseh  
Remi Okpala  
Laura Michelle Moreno Rios

#### Ward Drama Reps

Jamie Vu  
Wendy Cano Hernandez

#### Play

The Goat, the donkey and the Magic Table

Laura Montes  
Gift Patrick  
Edeideguawen Omorogbe  
Seynabou N'doye

#### Cast

Becky Turay  
Gideon Anokye  
Charlene Ofori - Attah

#### Line Drama Reps

Nadine Elwin  
Assiba Kouakou

#### Play

Little Red Cap

Grace Bellerose  
Laurice Osei-Afriyie  
Aliyah Williams  
Kalifah Rodney Douglin

#### Cast

Lovelie Brown  
Michael Adegite  
Mateenah Adelebe  
Christabel Tsibu

#### Campion Drama Reps

Haiyven Murdock

#### Play

Snow White

Mayara Pinto - Bastos  
Tia Gordon  
Itunu Adeenlakin  
Josephine Akoto - Sasu  
Eniola Soboye

#### Cast

Elizabeth Lokola  
Sinem Saglam  
Kayla Monroe  
Plamedy Efekele

# MUSIC DEPARTMENT

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## Christmas Events

This term has been busy in music with a large number of pupils involved in preparations for our Winter Concert, Carol singing at Tesco and the Year 7 Carol Service at St. Dominic's Church. This year has seen the development of a Year 7 and 8 junior choir who performed 'White Winter Hymnal' at the Winter Concert as well as our existing senior vocal group that is also growing in number who performed 'Oh Happy Days' and 'When Jesus Says Yes' also. Year 7 have been working very hard, each class learning a song, as well as Rutter's Angel's Carol, in preparation for the Carol Service at the end of term and Carol singing to raise money for our charities outside Tesco.



The Winter Concert was held on the 5<sup>th</sup> December 2016 and it was a wonderful opportunity for pupils to showcase their hard work in music this term. The concert featured many soloists as well as a number of extra-curricular ensembles and choirs performing different musical styles ranging from Classical, to Gospel music, to Popular music. Well done to everyone involved.

**Ms R Crosby - Music**



## Hackney School Music Gala

In early November year 11 music students joined forces with other schools from around Hackney to perform in the annual Hackney Schools Music Gala. The Cardinal Soul Band performed a medley of soul classics to a full house at the Hackney Empire and showed that Cardinal Pole students can cut it with the best. Well done to all involved and for the teachers who supported this event it was an outstanding evening.



## LSO Discovery Project - Take Note

Cardinal Pole hosted the first series of creative workshops, where primary and secondary schools from around the borough were joined by members of the world famous London Symphony Orchestra. Students are involved in the process of composing a piece of music which will be performed at Stoke Newington Town Hall on the 13th March 2017 at 6:30pm.



## Instrumental Lessons

It's been a fantastic term where we have seen many students choosing to study musical instruments or vocals as an additional study. We are very proud of our talented peripatetic staff and their work with our students at Cardinal Pole School. They really value the work they do in preparing students for public exams and performances.

Please be reminded that payment for the Autumn term is now due and soon the letters will be sent out requesting payment for Spring term 2017.

## Extra-Curricular Clubs

During the week we offer many additional opportunities for students to be involved in schools ensembles and practice sessions, including keyboard club, choir, Orchestra, string ensemble, percussion ensemble and independent practice, so please encourage your children to get involved.

**Mr G Wright - Head of Music**

# PE DEPARTMENT

## Year 7 & 8 Hackney Girls' Sports Hall Athletics Results Competition 1

On Wednesday 30<sup>th</sup> November 2016 Cardinal Pole hosted the first Hackney Sports Hall Athletics competition for Year 7 and 8 girls.

We entered two year 7 teams and one year 8 team and the girls competed very well in their first competition and the results were as follows:

Year 7 A Team – 2<sup>nd</sup>      Year 8 Team – 2<sup>nd</sup>

There were teams from Our Lady, Petchey, Urswick and Cardinal Pole competing.

The girls will compete in two more competitions on Wednesday 14<sup>th</sup> December and Wednesday 11<sup>th</sup> January and the top two schools will go through to the East London Final, representing Hackney in the next stage of the competition.

Thanks to the Year 12 sports leaders who are currently completing their Level 2 in Sports Leadership/Community Leader Award with Miss Pontifex, who assisted with officiating the event as well as Katie, Nicole and Alna from Year 9 who were team managers for the girls.

**Ms M Pontifex - PE**

## Year 7 & 8 Girls' Football Team

The Year 7 & 8 girls' football team have started the Hackney Girls Football League being held at Haggerston Park on a Monday after school. On Monday 28<sup>th</sup> November they won one, drew one and lost one, with Klaudia Szklarczyk grabbing two goals on the day and Magdalena Wrobel and Naomi Oparaukwu-Ahazie scoring once each. They now have to compete on two other occasions to complete all their games. They played some really good football and I am really pleased and proud of the girls efforts as it was freezing cold but they never gave up. We are also a team of majority year 7 students who played against schools who were majority of year 8 students. Students involved: Klaudia, Magdalena, Mariama, Naomi, Shakira, Tia, Mayara, Jecoliah, Beverley and Diana. Well done girls!



## Year 7 Girls' Football — Wyn Bailey Trophy

The Year 7 girls football team are now through to the third round of the Wyn Bailey trophy after beating Highbury Fields 5-0. The girls played really well, working as a team considering this was their first game together. Each and every player played fantastic. The team consisted of Beverley, Tia, Klaudia, Magdalena, Mayara, Mariama, Fatou, Diana, Jecoliah, Plamedy, Mary-Estelle and Osinachi. Goal scorers were: Magdalena, Klaudia, Diana and Mayara. Fantastic achievement girls!!

## Trip to Trafalgar Square: Rio 2016 Olympic & Paralympic Homecoming

A trip was held for Year 8 & 9 sports reps to the Rio 2016 Olympic and Paralympic homecoming which was held in Trafalgar Square. The students were given VIP bands, t-shirts and foam fingers to help in the celebration of the day. They were situated just in front of the stage, with a clear view of some of their idols who were displaying their medals. It was a fantastic trip for the students who play a huge part in the school's sports to see the likes of Max Whitlock, Tom Daley and the rest of the GB team to celebrate their success at the Rio 2016.

**Ms S Reed**





# PE DEPARTMENT CONTINUED

## Year 9 Athletics Team

The year 9 boys and girls athletics teams were invited to the Lee valley Indoor Athletics Tournament. This is an invitational tournament extended to best athletics teams from schools in South East England. The competition is of a very high standard. We entered two boys and two girls teams for Round 1, which was on Wednesday 2<sup>nd</sup> November 2016. We managed to qualify for the semi final with one boys team and one girls team. There were standout performances from Isiah Hills in the 200m and Jason Kialla in the 300m. The Semi Final was on Wednesday 30<sup>th</sup> November. The boys team put in another strong performance and finished 4th overall meaning they have qualified for the Finals in January. Unfortunately the girls narrowly missed out on qualifying for the Finals and came 7th overall in the Semi Finals. This is still an outstanding achievement at such a prestigious tournament. We wish the boys team luck in the Finals and look forward to updating you with the results.

**Mr D Hanna - PE & Head of Year 10**



## Year 7 Girls' Netball

The Year 7 girls netball team played their first netball fixture recently against Our Lady. They played really well with some great shooting from Fatou N'Doye who scored all five of the goals with the girls winning 5-0. The team consisted of: Tia, Jecoliah, Fatou, Seynabou, Princesse, Noelia, Grace, Margaret and Elizabeth. Well done girls, fantastic start!!

## Hackney League Girls' Netball Results

The Year 7 girls team have been training twice a week (Thursday and Saturday) and had their first match against Our Lady where they won 5-0. They will have another 3 matches in the league, one against City on Monday 19<sup>th</sup> December and the other matches after Christmas as the Year 7 league is split into two.

The Year 9 netball team, again have been training hard several times a week and their results so far are as follows:

Won against Our Lady 9-4

Won against Clapton 10-3

Lost against Petchey 9-2

Lost against Skinners 10-5

Lost against MVP 7-4

The will play the rest of the Hackney schools after Christmas and will hopefully win the rest of their games as they are a very strong team and have a chance of getting in the top 3 in the league.

Some of the girls in the Year 9 team also attend Hackney netball training at City Academy every Thursday evening from 6pm-7.30pm which is developing their skills even further as well as some of these girls also umpiring and coaching the younger pupils in Year 7 and 8 during training at school on a Thursday.

We wish all teams good luck for the rest of the season and look forward to an update on results in the next parents newsletter.

**Ms M Pontifex - PE**

# PE DEPARTMENT CONTINUED

## Cardinal Pole School Sports Council

The School Sports Council (pictured) now runs from Year 7-9 at Cardinal Pole. Each form has a boy and girl representative and they have a range of roles as follows.

- Promote the extra curricular timetable to their form group;
- Organise inter form teams;
- Attend meetings to discuss upcoming events;
- Contribute ideas to what should be on the extra curricular programme.

Their role is developing and hopefully this will continue in 2017. As part of their rewards they get the chance to attend any special sports events offered to the School. Recently the Year 8 & 9 representatives attended the Olympic medallist celebration in Trafalgar Square.



## Farewell to the Pole

After over 17 years my time working at Cardinal Pole comes to an end at Christmas as I move on to pastures new. It has been great to have had the opportunity to work with so many wonderful pupils over the years who have been enthusiastic and passionate about their PE lessons/sport. I remember accepting the HOD PE job in the Summer of 1999 and being told (by staff at another School) that I was mad to work in Hackney! I couldn't understand what they were talking about and did wonder if they thought I'd said I was going back to Middlesbrough! I have fond memories of much of my time working with the pupils from those that have battled hard to improve in lessons to those that achieved highly at a range of different sports. Along with the rest of the department I've often talked to the pupils about the Cardinal Pole way in competitive sports and the need to play the right way which includes not challenging decisions by a ref/umpire or being unsportsmanlike/unsportswomanlike. I do hope a few have listened and have continued to spread this philosophy outside and beyond school.



There have been many highlights and there's not room here to list them all. Some stand out performances across a range of years are as follows.

Ricky Stoyles - the only school boy I've ever seen hit a shot so hard that not only did it go in but it was also accompanied by the keeper who managed to get his hands to it! On the route a London cup final and a win.

Alex Babb unexpectedly winning the London 100m sprint title in year 11. A wonderful all-rounder who played a range of sports.

Kashmir Joseph, Shaquille Joseph, and Chantelle Charles all playing for England and gaining Scholarships to universities in America for basketball.

Stephen Arthuworrey - probably the greatest all rounder I've seen in my time here. 3rd in the England at High jump, ranked 3rd in the country at multi event athletics and played professionally for Yeovil and Fulham FC. He always had a quiet determination to achieve highly and never wanted to be a runner up at anything.

The SEN footballers winning silver in the London youth games in the past few years.

Recently it has been wonderful to see Shayon Harrison debut for Tottenham FC and others in that same group continue to make progress to full professional contracts.

I could go on but better stop using the ink! I'll sign off wishing you all a restful, peaceful and Happy Christmas.

Best wishes for the future.

**Mr S Purcell - Head of PE**

Dear parent/carer,

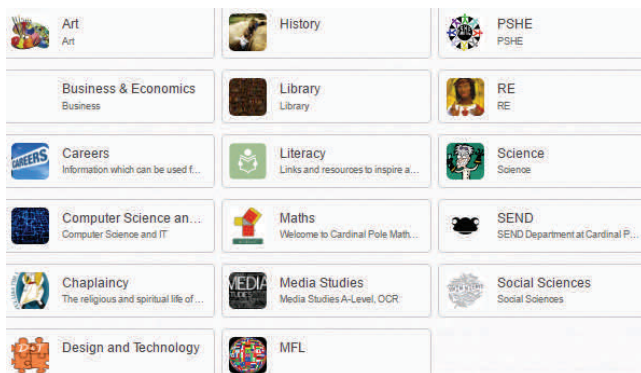
You may have heard your child talk about Frog and I wanted to take this opportunity to explain how this technology can give our students a real advantage in deepening their studies.

## WHAT IS IT?

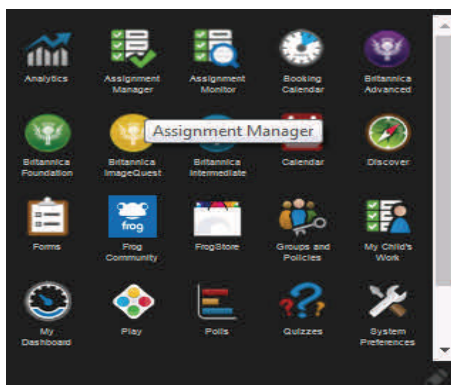
Frog is a Virtual Learning Environment (VLE) which gives your child access to a vast quantity of learning resources.

## HOW CAN IT HELP MY CHILD?

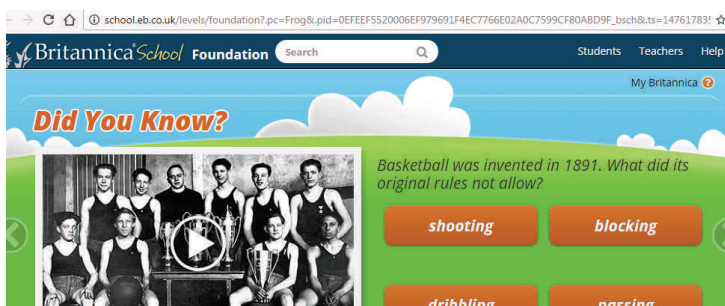
**Access to the new curriculum:** subject areas have uploaded lots of revision materials, e-learning websites, lessons, and videos to help with their independent learning.



**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](http://www.cardinalpole.co.uk)

Then click on the Frog Icon.



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

