



Parents' Newsletter

Easter 2017

Cardinal Pole
Catholic School



Dear Parents/Carers,



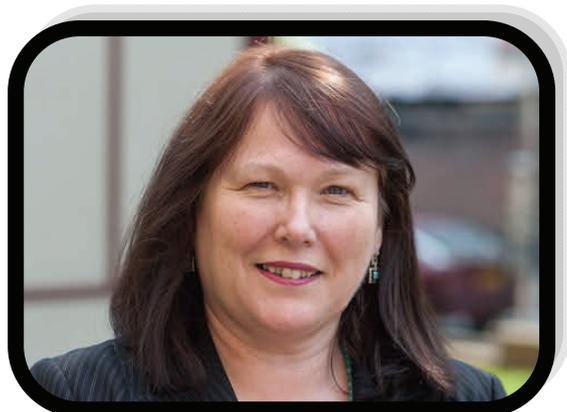
I hope by now you have had a chance to read a copy of our Ofsted Report which graded Cardinal Pole Catholic School as "Good" with an "Outstanding" Sixth Form and Student Welfare.

I am always very proud of the success that our young people have in securing places at top universities in a diverse range of disciplines. However, you will be aware of how competitive it is to secure a place to study medicine and I am delighted to share with you that Gar Kin Lau has been offered a place at St George's University Hospital. I will update you more fully in the next newsletter of all the offers.

Living out our mission of charity, reconciliation, abstinence and prayer during Lent, the staff and students have engaged in a range of events and activities. This has included very successful Stations of the Cross and reconciliation services. Almost every day this half term the school has been full of energy as staff and students came together to fund-raise for our many charities, including St Joseph's Hospice, LEPR, CAFOD and Caritas. The non-uniform day was a great fundraiser, as ever, as were the many cake sales, Easter Egg raffles and a talent show. Witnessing such selfless acts of love and kindness for the vulnerable members of society makes us proud to be part of this community.

As we come to the end of the term, I wish you a happy and Holy Easter.

"Take up your cross and follow Jesus, and you will enter eternal life. If you die with Him, you will also live with him and if you share His suffering, you will also share His glory."



J. Heffernan

Ms J Heffernan
HEADTEACHER

CATHOLIC LIFE

Reconciliation

In preparation for Easter, all students have had the opportunity to receive the Sacrament of Reconciliation. The school has been blessed to have 9 Parish Priests from around the Deanery to hear confession for the students, (Fr Cyril – Homerton, Fr Paschal – Stoke Newington, Fr Michael – Kingsland, Fr Paul – Hoxton, Fr Gabriel – Hoxton, Fr George – Hoxton, Fr Clive – Manor House, Fr Kingsley – Clapton, Fr Neil – Clapton Park). The students have valued their time of reflection and prayer and the School is very lucky to have strong support from our local Parish Priests.



Charities

As a school we have focused on our Promises for Lent including Fasting, Prayer and Almsgiving and this really shows in our Charities that the year group support. At Advent we raised £3139.00, which was a new school record, this contribution means a lot to the Charities, we look forward to helping them further through our Lenten Collections. The Charities being supported are as follows:

Year 7 – LEpra www.lepra.org.uk

Year 8 – Caritas Westminster (Bakhita House Project) www.rcdow.org.uk/caritas

Year 9 – CAFOD www.cafod.org.uk

Year 10 – St Joseph's Hospice www.stjh.org.uk

Year 11 – Catholic Children's Society Westminster www.cathchild.org.uk

Year 12 – Providence Row www.providencerow.org.uk

Year 13 – The Passage www.passage.org.uk

Year 8 have their own Charity Leaders known as the Caritas Ambassadors, Holly Usai, Kayleb Peterson, Jada Bryce-Bent, Dorcas Sabwe, Jelani Monroe, Luke Middlemiss, Kevin Lau, Kymarni Peter, Abigail Wiredu, and Angelika Sacewicz. Each Student has worked tirelessly with Ms Norbal to promote their own and everyone else's Charity.

Stations of the Cross

The students from Year 7 to 9 have had the opportunity to reflect on the journey that Jesus took to the cross, through Stations of the Cross. This was student led and involved Prayer and Reflection throughout. The Liturgical Reps Group which takes place on a Thursday after school have also led their own Stations of the Cross through Video and Drama, helping them understand in more detail the importance of this journey. **Mr J Ryan - Chaplain**



CATHOLIC LIFE - Continued

Charities - Update

In the last issue, we reported that the year groups were fundraising for a charity to support those who are in need in our communities and the wider world. Please see the final total for each year group - what a great achievement!

Year Group	Charity	Amounts
7	Lepra	£906.14
8	Caritas	£758.04
9	CAFOD	£472.18
10	St Joseph's Hospice	£437.17
11	Catholic Children's Society	£260.00
12	Providence Row	£118.68
13	The Passage	£92.15
	TOTAL	£3,044.36

From: Peter Sullivan
Sent: 08 March 2017 14:52
To:
Subject: RE: R.E Presentation?

Dear Mr Malyon,

Can I just say a massive Thank You to you and Mr Ryan for the really generous letter and cheque which you sent to our head office.

It really does mean a lot and the money will go a long way in helping us to: provide practical support to women facing crisis pregnancies, post-abortion counselling for women struggling after an abortion, and carry a prolife message into schools around the country.

Thank you once again to you both also for making me feel so welcome at the school on the day itself. It is a day which I will always remember in all honesty and both of you made it such a positive experience.

Many kind regards to you both,

Peter Sullivan

Education Officer

w lifecharity.org.uk

MUSIC DEPARTMENT



Kamari Peter, Casano Kirlew, Dimitri Kirlew and Henriane Kombo, joined musicians from the London Symphony Orchestra (LSO) and musicians from around the borough to perform in the Take Note finale at Stoke Newington Hall. The project was organised by the Hackney Music Service and the LSO's discovery community team to give young musicians the experience of performing in a large orchestral setting with professional, world class musicians. In series of creative sessions hosted at Cardinal Pole School students worked along side composers Michael Betteridge and Andy Grappy to develop rhythmic and melodic ideas, which then formed the final pieces. Casano and Sister Demetria Kirlew took their usual seats in the Hackney Youth Orchestras to perform a selection of show tunes to the full house. It was an amazing experience for all involved and wonderful to see so much talent in our local school community. A big thank you all those who organised and supported this event especially Mr Blackmore (woodwind teacher). Well done everyone.

Mr G Wright - Head of Music

GEOGRAPHY DEPARTMENT

Italy Field Trip 2017



During February half term, the Sixth Form geographers undertook an international field trip to Italy.

After landing in sunny Naples, day one began with a trip to Campi Flegri. The students had the chance to walk around the Solfatara crater to appreciate the fumeroles and bubbling mud pools. Some were even brave enough to breathe in the steam with its scented sulphurous fumes!

Then, we headed to Herculaneum, to explore this small fishing village buried after the eruption of Mount Vesuvius. As well as being able to walk through Roman villas and temples, we could also see the skeletons of those who were vaporised by the pyroclastic flows from Mount Vesuvius.



Day two began with a trip to the ancient Roman settlement of Pompeii. This town was also buried under metres of ash and pumice from the eruption of Mount Vesuvius, which preserved this incredible city for us to see today.

After a lunch of pizza and gelato, we were ready to climb Mount Vesuvius itself. After a long walk, we finally made it to the top to appreciate the deep crater and amazing views across the Bay of Naples. Mount Vesuvius is still active, and we were able to see steam escaping through the rocks!



On day three, we had a tour of the scenic Amalfi Coast. As well as examining the fascinating geology and coastal management strategies in the area, we were able to explore the winding streets of Amalfi and visit the beautiful church of Santa Maria Assunta.

Upon return to school, the students will be able to use all the knowledge gained to secure top marks in their exams!



Ms L Holyoak - Geography Teacher

GEOGRAPHY DEPARTMENT - Continued

Slapton Trip 2017

On a sunny Saturday morning the Year 12 Geographers met bright and early for a 6 hour coach journey down to Slapton, Devon. Armed with enough sweets to fuel the bus down the M4, they settled in for a chilly journey listening to Kingsley's classic playlist (featuring Whitney Houston and Celine Dion.)

Once we arrived in Devon it was straight into the classroom and down onto the beach to collect a geology sediment sample. Frequent showers couldn't dampen the geographer's enthusiasm for rocks as they huddled distinguishing between the quartz and slate along the berm of the beach.

Day two saw the weather take a turn for the worse just in time for our 12km walk along the coastline. From Start Bay to Slapton Sands, Mother Nature blessed us with hail storms, torrential rain and bitter wind. While considering the cost benefit analysis of the sea defences we enjoyed soggy sandwiches and shortbread biscuits.

Despite the awful weather, long journey and hard work; I was proud of how conscientious, dedicated and respectful our students were. I am sure that the memories of trudging the length of the Devonshire coastline will inspire the next generation of geographers. **Ms A Nutman - Geography Teacher**



YEAR 7 ACHIEVEMENT

Good News on Behaviour

Students were set the challenge of halving their behaviour points over the past 20 days, compared to those they accrued in the 20 days before half-term. We would like to extend our congratulations to 90 students in year 7 for passing this challenge. This shows a superb level of focus and dedication, and the Year 7 team are very proud of these students. As a reward for this effort, those who passed have been invited to a pizza party and afternoon film on Wednesday 29th March 2017.

Mr A Parker - Head of Year 7



ALUMNI UPDATE

A number of our past students have written to the school recently to share their reflections on their time in Sixth Form and update us on what they are doing now.

Irinie Opoku- Analyst at Accenture

"My sixth form experience at Cardinal Pole helped create a vision for my future. Simply put, the support I got from my A Level teachers was second to none - they believed in the working-class girl from Hackney. That's what makes my story a success. The Sixth Form goes the extra mile to get you the grades you need to get you into your preferred university. Even when times were hard, help and encouragement was present. Almost four years on, now with an Economics degree, I have kick-started my career as an Analyst at the international technology consultancy company Accenture."



Nigel Bubi - Analyst at Goldman Sachs

"Plain and simple, if it was not for the support from Cardinal Pole, I would not be where I am today. After lacking focus and ambition as a young boy, the support from Cardinal Pole literally saved my life. Cardinal Pole was the only Sixth Form I applied to. This ended up being one of the best decisions I have made, as the support, discipline and guidance provided was of the highest quality."

I was given with the chance to revise late hours after school every day. This gave me the chance to maximise my potential. The support Cardinal Pole provided allowed me to gain A, A, B in my A levels. The school also helped me build my CV, experience mentoring and gain a general exposure to life in the City of London. I am proud to say that I have now, within the space of three years, worked at Macquarie Bank, Mitsubishi UFJ Securities International, KPMG and Goldman Sachs. I have gained a 2:1 in my second year from Durham University and set up my own business venture.



All these opportunities would not have been possible had I not gone to Cardinal Pole Sixth Form. As I sit back and now compare myself to the friendship group I was with as a young boy, it is safe to say that Cardinal Pole has helped me go down a different path. As a result, it is safe to say that Cardinal Pole is a school that I am proud to have gone to."

Michael Macaulay - 2nd Year Economics Student at the University of Nottingham and a Bank of England Scholar

"I studied Economics & Business, Mathematics and Physics at A-level and achieved A, A, B. Throughout my time at the school I attended many revision classes, extra-curricular events and took advantage of all of the support given to me from the school and the teachers. The work experience set up through the school allowed me to gain more experience and improve my skills. Since leaving the school I have gone on to study BSc (Hons) in Economics at the University of Nottingham and I am currently in my 2nd year. I am enjoying making the most of university and am looking forward to working full time in the city one day."



Evi Shurety - AOn Insurance

"I have recently graduated from the University of Southampton with an LLB Law degree, obtaining a 2:1 grade and I am starting at Aon as a Professional Indemnity Claims Advocate. Cardinal Pole played a fundamental role in ensuring that I achieved the appropriate grades to be successful in obtaining a place at a Russell Group University. Through connecting me to The Pathways to Law Programme I decided to read law at university. Furthermore, Cardinal Pole also helped set the building blocks for my career. In year 13, through Cardinal Pole, I had the invaluable opportunity to take part in The Brokerage Programme which helped me gain an internship with a Lloyds Syndicate. After which, I was asked back to Lloyds over the next two consecutive summers. This influenced my decision to undertake Insurance Contract Law as a third year module in which I achieved a first class, and subsequently enabled me to gain a place on an internship at Aon. "



Chad Levi-Baptiste- Apprentice at BT Sport

"I would just like to mention how thankful I am to the school and the staff for all the hard work and endeavour I experienced throughout my years in the Sixth Form. I felt the support I received from everybody really contributed to the grades I achieved and has helped me progress to the job I am currently at today. The on-going support in and out of the classroom was extremely impressive and prepared me well for the world of work, and what is expected of me."

I would like to extend a specific thank you to Mr Egan the Careers Advisor who raised the awareness about apprenticeships and gave me all the information I needed. As a result of this, I am now over a year into my apprenticeship at BT Sport working in the Archive Department."



Chad in Parliament repre-

Mr J Allison - Assistant Headteacher KS5

SOCIAL SCIENCE

Melis Kartal's Work Experience Report



For my year 12 Health and Social Care course I was told to complete 100 hours of work experience. My work experience had to be based on my course, such as: foster care, hospital, nursery, care home and many more. However, I have chosen to work in a nursery called 'ABC Day Nursery A Bright Child' which is located in Lower Clapton, Hackney. I only attend my work experience placement once a week, on Wednesdays, due to my school timetable. The nursery accepts children aged 5 years or under. This nursery has allowed me to gain lots of practical skills for my future plans and taught me how to behave and communicate in a real work environment. During my work experience I've also learnt how to interact with my supervisor and younger children.

Examples of the skills that I have gained from my work experience so far are: learning how to interact with young children, how to meet with new employees, organising my time effectively and introducing the world to young children. The activities I do with the children enable them to develop their physical, intellectual, emotional and social skills. For example, each day I attend I look at the plan for the day and teach young children different activities. These activities include: painting with hands or brushes, making play-dough and playing with it, drawing out shapes, drawing Christmas trees, reading stories, running around with them when we go out, building towers, dressing up into different costumes, making different animal sounds and making cards to parents. As I study OCR Health and Social Care Level 3, Extended Diploma in the Sixth Form, my work experience placement has also abled me to see real world examples in order to apply to my coursework and applying my knowledge as a Health and Social Care student to use within my workplace. **Melis Kartal (Year 12)**

Homerton Hospital Visit - Health & Social Care



The Year 12 OCR Health and Social Care class were fortunate enough to visit Homerton Hospital where we had the chance to talk to the Non-Clinical Risk Manager, who informed us about his roles and responsibilities which would later on help contribute to our coursework.

The name of our host was Keith and he informed us of the roles and responsibilities of the Non-Clinical Risk Manager.

This trip included us making risk assessments of the hospital by going into different parts of the hospital such as; the children's room. Whilst we were in this room we would look around to see if there were any risks that could harm the carer or the patient/child, we would make notes and we would then write how we could prevent the harms from happening.

This trip was very useful as we learnt all the roles in which the staff members have to take on and we learnt how to identify accidents, we also figured out for ourselves how we could prevent the accidents from occurring.

What I found that was most useful from this whole trip was hearing Keith talk to us about how each staff member was trained to deal with accidents or to be ready to expect the unexpected. For example, each staff member has a role to carry out if a fire alarm is to go off and that they are trained to know how to deal with the situation. When and if the fire alarm goes off, staff members will either remain doing what they need to do or evacuate to the next wing of the hospital. An intermittent alarm means that the patients and employees can stay where they are but need to be ready to move if told to. But if the fire alarm is going at regular intervals and is continuous then the carers/employees and patients need to move to the next wing of the hospital.

This trip was enjoyable and also very helpful for the Health and Social Care class as they were able to complete their coursework. **Wendy Cano-Hernandez (12A)**

PE DEPARTMENT

Arsenal - Premier League Tournament

On the 28th February 2017, an under 13 girls football team went to a premier league tournament which was run by Arsenal. The girls finished a fantastic third position after losing in the semi final and winning the third place game. The girls were exceptional throughout and I was so pleased and proud of their hard work and professionalism through the whole tournament. In an event which was dominated by year 8 students, the squad which consisted of 8 students, 7 were from year 7 and the other from year 8. So that in itself is something to be very proud about when they finished 3rd. Goals were scored by Magdalena, Klaudia and Shakira. The team consisted of Beverley Amonoo-Smith, Jecoliah Williams, Tia Gordon, Magdalena Wrobel, Mariama Konate, Klaudia Szklarczyk, Shakira Barnaby and Diana Ndukwu.



Netball - Year 7

The year 7 netball team made it to the Hackney Final where they were to face Mossbourne Community Academy. Knowing it would be a very tough game, the girls went knowing they would have to play their best and the best they played. They beat Mossbourne 3-2 to now represent Hackney at the London Youth Games. The girls played fantastically well and I'm so proud of their efforts and hard work to win. They have won all their games and I wish them all the best for the London Youth Games. The 3 goals were all scored by Fatou. The team consisted of Tia Gordon, Fatou N'Doye, Seynabou N'Doye, Margaret Boateng, Jecoliah Williams, Breanna Gayle, Grace Bellerose, Noelia Torres and Mayara Pintobastos.



Ms S Reed - PE Teacher

Rugby League

The Year 7 boys have been reaping the benefits of a new Coaching Partnership with London Skolars RL. With a professional rugby player coming into support lessons, there has been a surge of interest in the upcoming Rugby League season that starts in the summer term. For many, it has been an introduction to a sport that has been widely enjoyed by all classes. Given Cardinal Pole's athletic pedigree, pupils have taken to the physical nature of the sport, with many eager for a chance to represent the school in their upcoming fixtures.

Mr N McDaid - Head of PE



PE DEPARTMENT - Continued

London Youth Games 2017

After an unbeaten run, the year 7 netball team qualified for the London youth games representing Hackney. In which was a tough a day with torrential rain and having some tough games, the girls tried their utmost best and have done themselves proud to get to the London finals. After losing goal defence Margaret boateng 2 days before to fractured fingers, the girls had to have a reshuffle in positions. Thanks you to Margaret for still coming to support the girls. Team included: Tia Gordon, Breanna Gayle, Fatou N'Doye, Seynabou N'Doye, Jecoliah Williams, Noelia Torres, Grace Bellerose, Mayara Pinto-Bastos, Elizabeth Lokola and Margaret Boateng.



Ms S Reed - PE Teacher

EXTRA-CURRICULAR

Summer Term 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 - 8:30	Homework Club	Homework Club	Homework Club	Homework Club	Homework Club
12:30 - 13:15 Years 7 and 8 Lunchtime	Homework Club	Homework Club	Homework Club	Homework Club	Homework Club
	Sting Ensemble (KS3)		Table Tennis (KS3)	Girls Fitness (KS3)	Alter Server (KS3)
	Vocalise (KS3)		Accelerated reading (KS3)		Drop in Music (KS3)
	Guitar Ensemble (KS3)		Puzzle Club (KS3)		Accelerated Reading (KS3)
	Chess Club (KS3)				
	Girls Basketball (KS3)				
	Boys Football (KS3)				
13:15 - 14:00 Years 9 - 13 Lunchtime	Homework Club	Homework Club	Homework Club	Homework Club	Homework Club
		Girls Fitness (KS4)	Vocal Group (KS4)	KS4 Music Drop In	African Drum (KS4)
		Jazz Ensemble (KS4)	Keyboard Club (KS4)		Drop in Music (KS4)
			Chess Club (KS4)		
14:50 - 15:30# Prep	Video Bible Club (Year 7)	Book Club (Year 7)	Accelerated Reading	Book Club (Year 7)	Accelerated Reading
			Spoken Word	Debate Club	
				DofE Club (Year 9)	
15:30 - 17:00 After School	Homework Club	Homework Club	Homework Club	Homework Club	Homework Club
	EAL Club	EAL Club	EAL Club	EAL Club	EAL Club
	Gym	GCSE Volleyball	Spoken Word	Debate Club	Girls Football (KS3)
	STEM Club (KS3)	Girls Football	Athletics	Textiles Club	Rounders (KS3)
	Drama Club School Production		Philosophical Film Club (KS3)	Dance	Open Weights
	Trampolining Club		Open Weights (KS4)	Gym	Sixth Form Leaders
	Open Weights (KS4)		Gym (KS3)	Netball	
				Year 9 Boys Football	
			GCSE Trampolining		

For further information on these activities, please contact **Ms G Green - Extra-Curricular Co-ordinator.**

SCIENCE DEPARTMENT

Science Week 2017

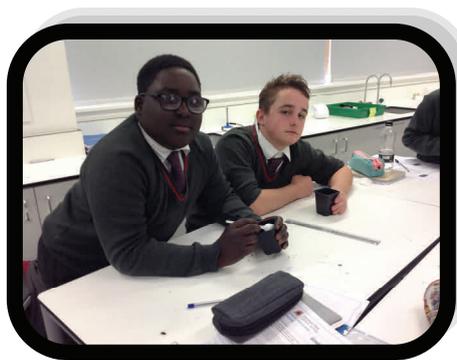
KS3 Lessons

Ms L Temple - Head of Science

Mr M McGowran - Second in Department

Ms S Khabhari - Science Teacher

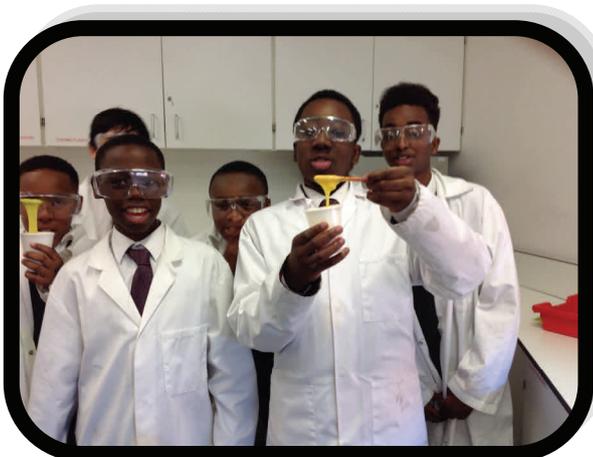
Ms M Balogun - Science Teacher



British Science Week is an annual ten-day programme of science, technology, engineering and maths events across the UK for people of all ages. During Science Week 2017 schools across the country took part in special activities and workshops to celebrate these subjects.

The Science Team at Cardinal Pole created some special lessons for students to participate in. The Science curriculum across Key Stage Three was suspended so that students could carry out interesting and engaging experiments that captured their imaginations.

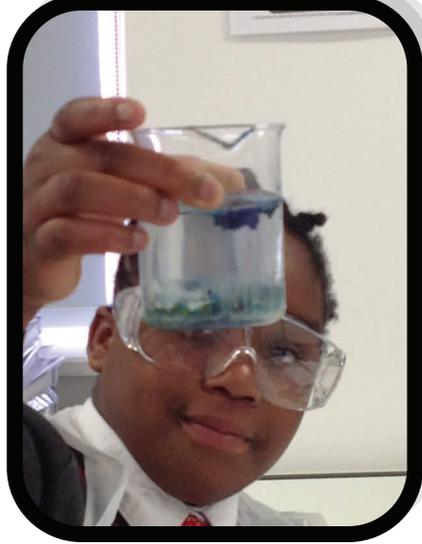
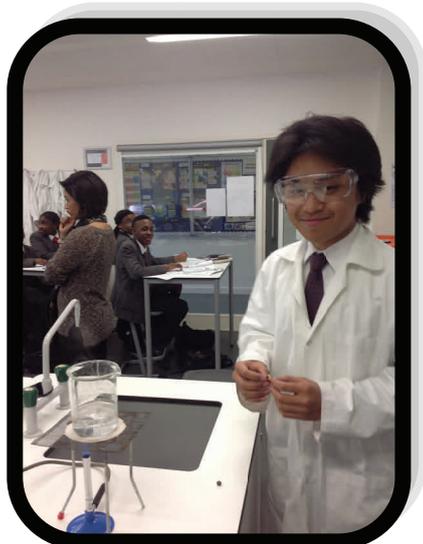
Year 7 students investigated the properties of a non-Newtonian material when they got to make 'Slime'. This was evidently a very popular task. Students then discovered how to identify exothermic and endothermic reactions when they reacted the chemicals sodium bicarbonate and vinegar together to make carbon dioxide gas, which inflated a glove and produced an excellent model of a King Kong hand. They also made ice-cream from just three 'ingredients' - flavoured milk, ice and salt. Students were then asked to use their observational skills when combining reactants to form new substances when they made bath bombs. Finally, students imagined themselves as Thorpe Park managers with the focus to ensure guests were happy at all times. Working in teams and using the Thorpe Park map, the managers were required to plan a route and design a leaflet, including a timetable explaining the benefits of following their detailed specific route. The week was a great success as students were able to experience science in action and also develop key skills that will prove beneficial throughout their life.



Students in Year 8 had a set of different experiments to contend with. First, they were asked to use their observational and investigative skills to describe physical and chemical changes using chocolate and egg white, a right sticky mess! Staying with the egg theme the students were asked to design an egg protective device to ensure that an egg dropped from a height would survive the fall. On the topic of height the final task was for the students to plant their own pea plant. They should now be nurturing this plant at home to see what height it can grow to! The students loved the activities, and gained a vital insight into how science can be applied to the world they live in.

Year 9 students had three practical tasks to engage with. Their Science Week started with them using their knowledge of chemical reactions to make gold and silver coins from copper pennies. By adding the pennies to two chemicals undergoing a reaction the new compound formed on the surface of them, giving the look of a gold coin. Second, the students were asked to 'grow a crystal garden'.

They used a range of different metal salts to grow different coloured crystal structures in a solution of sodium silicate. The Year 9's were also lucky enough to dedicate a full lesson to the bottle flipping craze. They were tasked with investigating the optimum conditions for successfully landing the bottle. They did this by repeatedly flipping bottles of different sizes and of varying volumes of water. This allowed them to see first-hand the complex physics that goes on in such a simple challenge. The week ended on a high with a Science Week quiz. The students split into teams and competed across 6 categories of science related questions. They all showed great interest and impressed with their scientific knowledge.



SCIENCE DEPARTMENT - Continued

Year 7 Solar System Competition Winners

After much deliberation Ms Heffernan finally decided that the runners up of this year's solar system competition are.....

In third place, and the winner of the 'most creative' model goes to Keurtys Rehall.

In second place, and the winner of the 'most scientifically accurate' model goes to Tahj Scott-Taylor.

The overall winner isLaura Montes.



**Ms E Leeuwneer &
Mr R Hall - Science
Teachers**

Science Week - Student Voice

I liked Science week because there were lots of experiments to do which is fun. My favourite experiment was making slime because it was satisfying and stretchy. I learnt how to make lots of things using science and I learnt what viscosity is. **Anon (Year 7)**

In Science week we learned how to turn a 1p copper coin to gold and how to make a crystal garden and facts about minerals and elements. The last thing we learnt was "the great bottle flip" and how it works, e.g. the amount of water, how it affects the bottle flip and the size of the bottle matters too. The experiment I most enjoyed was when we made the copper coin turn into gold. I enjoyed this because I was able to trick people making them think it was £1 instead. **By Joao Teixeira Virgilio (Year 9)**

During Science week I learned that making a crystal garden is very easy. Also the most interesting one has been turning a copper coin into silver then gold. So far my favourite activity during the Science week has to be the water bottle-flip challenge. It was my favourite because it was fun and I found out that I am pretty good at it! **By Dilara Maybarskan (Year 9)**

During Science week I investigated the best combination of bottle size and volume of water to successfully land the bottle upright. I learnt that the bottle landed upright more when it was filled with more water. This was the most enjoyable part of Science week. **By Franciska Dam (Year 9)**

In Science week I learned how to make a crystal garden and what it grows in. A crystal garden grows in a solution called sodium silicate. Sodium silicate is known as "water glass". The "seeds" are actually crystals made of metal salts. To make the crystal garden we had to use cobalt chloride, iron sulphate, iron chloride and nickel sulphate. In Science week I also learned that Galena, which is a mineral, forms in the veins. **By Luanha Okera (Year 9)**

In Science week I learnt numerous things. I have learnt keywords, equations, some history behind minerals and rock structure and the Science behind flipping a bottle. I learnt two new words called galvanisation and alloy, actually, we had to coat iron with zinc to protect rust in our first experiment. I enjoyed the bottle flipping challenge the most because I could tell other students the facts about why the bottles land upright. The more water I added in the bottle, my perfection increased alongside knowing what angle to flip it. I focused a lot in the lesson as I finished it. So I got to deeply evaluate the complex motions and the fundamentals and the forces and centre of mass. **By Brodie Namaga (Year 9)**

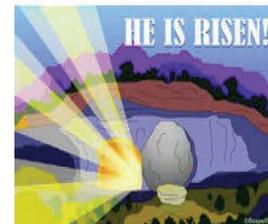
I have learnt a lot of things during Science week. In the coin experiment I learnt that when you used zinc and sodium hydroxide it turns a copper penny from brown to silver. When you heat the copper it turns into gold. It showed that a chemical reaction had taken place. Also, I've learnt how the bottle size and the amount of water affect how the bottle flips and lands in a still position. I enjoyed doing that! **Charlene Ofori-Attah (Year 9)**

During Science week I have learnt how to change the colour of a penny from bronze to gold. We were able to do this by using iron wool to clean the penny after that we put our pennies into a solution that stayed in there for 5 minutes. Then we used tongs to take the penny out to place it in a beaker of water. After a little while we washed our pennies in cold water. After that the penny was placed over the Bunsen burner flame and I waited for it to turn gold. **By Paris Reefer (Year 9)**

Ms E Leeuwneer & Mr R Hall - Science Teachers



Cardinal Pole
Catholic School



Science Week Theme – CHANGE

In science we have explored this theme of change by incubating some **chicken eggs** and hatching our very own **Painted lady butterflies**. We worked with the chaplain Mr Ryan, Using fertilised eggs from Hackney City Farm we placed them in an incubator for 21 days, this turned and sprayed water on the eggs for the first week just like the mother hen would do in nature. Eagerly we waited and on Monday 27th March, our first chick hatched. Staff and students were able to watch as the tiny cracks appeared in the shell, and the chick wriggled its way out of its shell. They chicks spent the week with us and the children loved handling them, and learning about how they represented the resurrection of christ. They will be looked after by Ms Karbhari over the easter holidays, and then they will be going back to the farm where they can run around and lay more eggs!

We also brought some caterpillars to watch them transform into butterflies this can take up to four week so we look forward to them hatching from the cocoon after the holidays – we will keep you posted!

With Easter upon us we wanted the students to be able to appreciate the teachings of Christ whilst experiencing how animals are created and transformed.



Ms S Karbhari - Science Teacher



SCIENCE DEPARTMENT - Continued

Science Week Crime Lab Workshop

Crime Lab Workshop was an opportunity for students to experience a day working as a forensic scientist, by taking part in fun, fascinating crime scene experiences.

Experience 1: Blowing up your fingerprints.

Experience 2: Detective searching.

Experience 3: Casting thumbs.

Experience 4: Poison pens.

Experience 5: Breaking the code.



Ms M Balogun - Science Teacher



Science Week 2017 - Careers' Guest Speakers

During Science Week two guest speakers came into school to share their experiences of their careers in Science. The first speaker, Emma Wilson, is currently undertaking a PhD in Neuroscience at UCL. She spoke about the opportunities that can arise from a degree in Science and then went on to speak about her research and what it means to do a PhD. The second speaker, Dr Yemi Osibamowo works in Pharmacovigilance. She spoke about what this role entailed and her journey thus far. Both speakers were highly inspiring and showed students that there are possibilities within Science beyond the usual ideas such as medicine and engineering. They focussed on the benefit of contacting Professors and enquiring about work experience as young as 16 and the impact that this can have on a young person's options in the future. All students felt positive about the talks and agreed that they had definitely provided them with food for thought and the confidence to go out there and take the opportunities now available to them.

Ms R Ingrey - Science Teacher

ENGLISH DEPARTMENT

World Book Day 2017

On World Book Day 2017, Cardinal Pole dressed up and shared their love of reading. Year 7 and 8 dressed up as their favourite book character, raising money for Book Aid International, as did staff. The best readers on Accelerated Reader were rewarded for their efforts with prizes in assembly. Pupils in Years 7, 8 and 12 also took part in reading workshops. Everybody participated in 'Drop Everything and Read' period one, plus a book swap in the library at break-time. Form-time was livened up with book-related quizzes, including the very popular 'Guess the teacher's bookshelf.' Well done to all who took parts for their efforts to make it such a fabulous and fun day!



Ms A Hartley - Lead Practitioner for Literacy

ENGLISH DEPARTMENT - Continued

Public Speaking Competition - Regional Finals

On Tuesday 14th March 2017, Lexie, Faith and Jemima in Year 11 took part in the Regional Final of the English Speaking Union Public Speaking Competition. This was held at Dartmouth House in Mayfair. Only 10 teams from across London qualified for this final, so we were extremely proud to have made it that far. Jemima's speech on the topic, 'Is the current trend of rating style over substance a dangerous one to follow?', was extremely thought-provoking and entertaining and she received special mention from the head of the judges after the competition. Jemima spoke about the trend for dating apps, Instagram, YouTube, as well as our current habit of picking politicians for their style and personalities rather than their policies, and made the audience laugh with lines such as, 'Who picks their country's leaders based on their shoes and their sandwiches?'

Faith and Lexie also put in a strong performance as chairperson and questioner for a speaker from North London Collegiate School who spoke on the topic of power and adversity, using examples from Shakespeare's Henry V and other great works of literature. Also with us was Bisola, who had been awarded 'Best Speaker' in the previous round of the competition. Congratulations to all took part, and for contributing to a very enjoyable evening.



Imperial College Schools' Debating Competition

On Saturday 18th March 2017, four Year 12s took part in the Imperial College Schools' Debate Competition: Jonny, Eunice, Onder and Jedidiah. This was a grueling day of debate, beginning at 9.30am in the morning and running until late in the evening, with four rounds of debate, followed by the impressive final round. The two Cardinal Pole teams debated against schools from across the country, including Eton, Dulwich College, Wellington College, Ipswich and Sevenoaks school. The standard of debate was extremely high and our novice teams were very proud to have come second in rounds on challenging topics such as 'This House Regrets the Rise of the Online Economy'.

All came away inspired, and with an increased enthusiasm for debating. As Onder put it when coming out of a particularly exhilarating round, 'Prepping for a debate is like queuing up to go on a rollercoaster.'

Ms A Hartley - Lead Practitioner for Literacy

ENGLISH DEPARTMENT - Continued

Poetry and Science Week at Cardinal Pole

The Theme for Science week was Change.

There is the man on the corner
With his sign spare some change
But when people gave money
He turned it away
The next day he was gone
But he left a sign
Think less literally

Rapping for 8cp/Sc3 during Science Week

In order to coincide with Science Week all our wonderful Poet in Residence, Mr Foley's focussed all his poetry lessons on the theme of Change. Additionally, he visited several KS3 Science lessons and treated the pupils to a scientific rap. Some of the science teachers have kindly given us some excellent feedback from the pop up poet sessions and how poetry and science combined. In addition, some brief Science poems by Roger McGough were used as lesson starters. Here is one example:

Here is Ms Karbhari's and Ms Leeuwner's feedback:

Mr Foley visited many classes during the week, where he inspired and engaged the students with his lyrical flow. He used only science keywords that the students had thought of themselves – the students were in awe as Mr Foley spun a rhyme from unrelated words. He remains undefeated as he was able to use all the words the students had on the board. We look forward to the challenge next year. (Ms Karbhari)

During Science week the amazing Mr Foley, our resident poet at Cardinal Pole, popped into our Science class to amaze and inspire the year 8 students. He asked each student to pick a Scientific word from one of the letters of the alphabet allocated to them. The students picked words like osmosis, xylem and turbulence. Mr Foley then delivered the most amazing A to Z rap about Science. After he left we even had one of the students, Victoria Ilunga, deliver her own version of it. (Ms Leeuwner's). Here is a wonderful poem about Hackney changing (from our new anthology) by one of our very talented year.

Gentrification by Melandra Kwatiah

My streets are a blind man's heart
Though he cannot see, he can feel.
He feels the changes happening
And the distance growing daily
As Hackney is separated from its true roots
And his people must move away.
He feels lost.
His blind veins flow loneliness
Money-makers replace homes with posh shops
His white stick can hardly touch the ground
For fear of new cold hard pavements
Hitting his fumbling feet.
As they turn his history into a canteen of commerce
He can feel familiar graffitied walls.
Washed with a fresh face.
Painted over with fakeness.
His blind eyes see the fakeness
Of rich strangers
who come in uninvited.
shoving old unwashed faces out.
Hackney
Hackers of his heart

Writing Competition

As well as this we are running a writing competition which is open to all pupils on the Theme of Change. Writing can either be in poetry or prose form. Poetry should be 20-30 lines and Prose should be a 400-500 word story or recount. Please encourage your child to participate in the competition. Here are some suggestions.

Write about an event that changed your feelings or ideas about something

Write a poem or story entitled - "A day that changed my Life or Moving Home".

OR Use one of the following lines as a starting point

My family is changing....

Change is inevitable,

But yet we fight it, just the same.

Closing date for entries is 30th April 2017. Please hand your entries to **Ms Keeling, Miss Gallagher** or **Ms Hartley**.

@CARDINALPOLERC - TWEETS



Don't Forget to follow us on Twitter @CardinalPoleRC



Dear parent/carer,

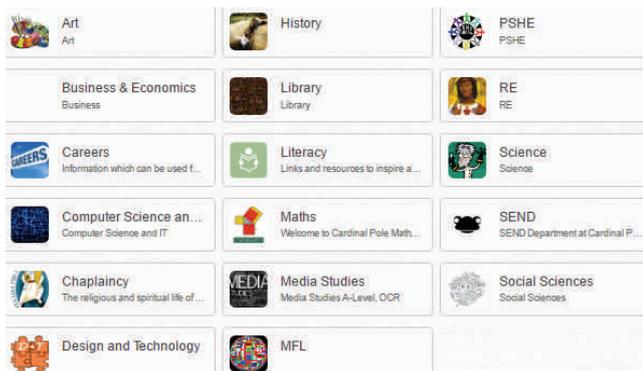
You may have heard your child talk about Frog and I wanted to take this opportunity to explain how this technology can give our students a real advantage in deepening their studies.

WHAT IS IT?

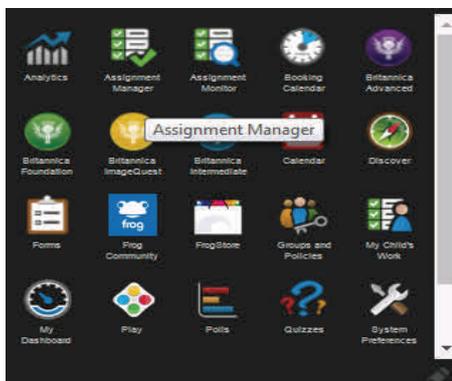
Frog is a Virtual Learning Environment (VLE) which gives your child access to a vast quantity of learning resources.

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.

