



Queen Elizabeth Grammar School Penrith

February 2019

## NEWSLETTER

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### Rotary Young Chef Competition



Year 11 student, Hannah Bentley is through to the regional finals of the Rotary Young Chef competition.

Having previously won a local heat, Hannah beat off competition from 17 other Cumbrian and Lancastrian cooks to win the chance to compete in the regional finals, to be held at Kendal College in March.

The brief was to prepare, in two hours, a healthy three-course meal for two, with a budget of £20. Hannah's winning menu was: broccoli and stilton soup with wholemeal croutons; pan fried sea bass with curried cauliflower puree and a mango relish; and a raspberry mouse with meringue kisses and a raspberry coulis.

Commenting on the standard of all the meals presented, Richard Booth, Head Chef at the Lakeside Hotel said, "I have been judging this competition for a number of years and each year the quality of the meals gets higher and higher". The judges had particular praise for Hannah's dessert, which they classed as 'outstanding'.

Hannah said, "I'm so excited to get through. I really enjoyed it. It was a good experience and I met lots of new people. The standard of food was really high so I didn't expect to win. The regional final will be tough but I can't wait to do it again!"

Hannah began cooking with her grandma and has been entering cookery competitions since she was eight. She is studying for a GCSE in Food and Nutrition and hopes to pursue a career in this field. In addition to the trophy, Hannah received a cash prize of £50 and a voucher for Afternoon Tea donated by The Lakeside Hotel, Newby Bridge.

The Young Chef Competition aims to support and encourage development of cookery skills, and to encourage young people to learn how to cook a healthy meal, develop food presentation skills, consider food hygiene issues, develop organisational and planning skills and an ability to cope in a demanding situation.



## Stonewall School role Model Visit

On Monday 4<sup>th</sup> February we were very fortunate to be able to host Jessica Lynn, a Stonewall School Role Model and international transgender advocate. Jessica's experiences as a transgender woman and parent led her to dedicate her life to spreading awareness and acceptance of non-gender conforming communities. She has spoken at universities all over the world, including Yale, Stanford, Harvard, Oxford, Cambridge and St Andrews - to name but a few! Indeed, after speaking at QEGS she presented at the universities of Bradford, Reading and Leicester before setting off for a lecture tour of South Africa. Jessica is a Kinsey Institute Global Ambassador and works with NHS England to train its staff.



Jessica spoke to Years 9 and 10 as well as hosting a lunchtime session for older students and staff. Her talk was searingly honest, and told an inspiring tale of bravery and resilience through the most painful of experiences. Our students were hugely impressed with her integrity and perseverance and asked thoughtful and mature questions. Their feedback has been incredibly positive. Here are a few of their thoughts:

*"It was very powerful and extremely emotional. It was very inspirational and really touched me."* Year 10 boy.

*"I was really surprised by what she had to say and I found that it opened my eyes to the discrimination that still happens to the LGBTQ+ community. I also love how she has done over 800 talks all around the world to tell everyone her inspirational story."* Year 9 girl.

*"I think Jessica is very brave after all she's been through to be able to stand up and make people aware of the discrimination towards transgender people."* Year 9 girl.

We are currently a member of the Stonewall Secondary School Champions Programme and have been running assemblies and PSHE lessons with our students to help foster and deepen their understanding, acceptance and tolerance of different gender identities, expressions, and sexual orientation. We are committed to making our school as inclusive, supportive and tolerant as it can possibly be.

# Library News

## WORLD BOOK DAY - Thursday 7th March 2019

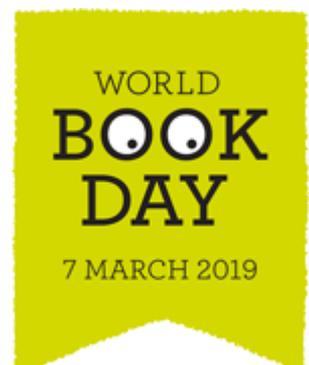
We are looking forward to celebrating World Book Day in a number of ways in school this year. This will include:

- A theme of “**Don’t Judge a Book by its Cover**” to be revealed on the day.
- A “**Guess Who’s Reading**” Form Competition.
- **Dressing up** as book characters for staff and students.
- **Second Hand Book Sale** – all books 50p.
- Students will also be issued with **WBD tokens**, which can be exchanged in most bookshops for one of **twelve** exclusive WBD books - or they can be used to get £1 off any book or audiobook costing £2.99 or more in participating shops.
- **A selection of five** of the WBD books will be available in the library, allowing students to swap their tokens in school. You can find out more about the books at [worldbookday.com/books](http://worldbookday.com/books)

The benefits of reading are enormous, and World Book Day provides an ideal opportunity for us to celebrate books and encourage reading within school in a fun and enjoyable way. Thank you in advance for your support and co-operation, and if you have any queries, please don’t hesitate to contact me in the library.

Thank you.

Mrs Marshall  
Librarian



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# And in Sporting News...

## Coventry Schools National Cross Country Relays - Girls



The event this year was bigger than ever before. It was the 20th anniversary of the girls race, and a record 40 schools brought teams.

QEGS fielded an A and B team. The teams kicked off with leg one runners, both in Year 10. Daisy Gillon (B) and Amelie Marshall for the (A) team, both gaining PB's on the 2.3 mile course. Amelie ran just under 14 minutes, making an excellent start for the A team she handed over to Gemma O'Dowd. Clara Davies second leg for the B team ran their fastest leg of the day. Third leg for the A team was last year's 2nd fastest female. This year the Year 13 missed out on a PB, but ran the fastest leg for QEGS in 13.17minutes. The 6th fastest overall. Esme had also lapped up

positions taking the team into fourth. Eve Pannone took the last leg and improved on her PB running a 13.39, at the same time overtaking 3rd, which meant QEGS were awarded a silver cup in the presentations later in the day.

This achievement has kept QEGS in the medals for three years on the trot, and puts their new PB course record as 7th fastest of all time.



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## Coventry Schools National Cross Country Relays - Boys



The boys team also had success at Coventry. They received the John Vickers Cup for most improved team, moving from 22nd last year to 9th in 2019. Their success was down to a strong team of Year 11 students: Robin Regan on a first leg for the A team running a 11.36 PB and Samuel Almond running under 12 minutes too. Thomas Renwick in Year 8 also ran in the A team and made an impressive start with a 12.44 lap.

The QEGS B team improved on recent performances too, with Charlie Hudson running fastest on the day.



## More Sporting News...

### Success at the Senior County Squash Championships

*(Article from the News & Star)*



***Teenage squash star Adam Goad has been celebrating after he became the new men's Cumbria county champion.***

*Carlisle Squash Club's Goad de-throned Paul Bell, after the Scotland coach had enjoyed more than a decade at the top of the county's ranks, as Goad beat him in Sunday's final.*

*And it has been a double celebration for the 16-year-old, who is now one of the youngest county champions, who is second in the England Under-17s rankings.*

*Elsewhere, Victoria Bell, Paul's sister, beat Eve Driver to once again retain the women's title. While across three men's categories, a total of six finals took place with Joseph Bradley winning the A event plate, Glenn Spary taking the B event and Wigton's Sam Harrison coming out on top in the C event.*

*"It was a great weekend. Numbers were slightly up on last year, so it was good to see some more entries in," said Carlisle coach Dave Box.*

*"The Ladies played a round-robin, with Victoria coming out on top, beating Eve in the final. Adam's final against Paul was a fantastic final, as were all the finals, to be fair. Paul is still of an ability to push Adam, which is fantastic.*

*"But young Joseph won the plate final and he is only 16, so to see those two come through, with Paul having started them both, is great.*

*"It was probably a bitter pill for Paul in some ways. Jonny Honeymoon played a fantastic semi-final against Paul that took its toll. Sadly into your early 30s, the body needs a little bit longer to recover sometimes.*

*"The intensity of the final was such that Paul held his game together but, in the last few shots, you could see he was really struggling.*

*"Hopefully, that [win] will build Adam's confidence going forward and it's great to see a young county champion which is the way it should be."*

*The county event was once again held at Carlisle over the course of the weekend. Box said: "It was really well supported.*

*"There was a lot of interest. It was fantastic to see a full house on the back of the court.*

*"All in all, it was a fantastic weekend."*



# Student Commendations

Commendations were awarded this month to the following students:

## Headteacher's Commendations

Lucy Stark	7AGM
Rebecca Newby	7AGM
Molly Morton	7AGM
Yuke Lin	8RP
Shaiza Hassan	7AGM
Hannah Rushton	7AGM
Rebecca Boving Foster	8MR
Izzie Bellwood	7PCR
Martha Alban	7PCR
Charis Pattimore	8RP
Amber Fletcher	8RP
Sam Murray	7CFB

## Deputy Headteacher's Commendations

Harry Prince	7KJD
Sarmad Khan	7AGM
Noah Rankin	7AGM
Ben Snelson	7AGM
Sally Pereira	7SC
Archie Robinson	7AGM
Ciaran Brown	7AGM
Morgan Macaulay	7AGM
Eva Whittlestone-Pope	7PCR
Josie Lloyd	7PCR
Martha Alban	7PCR
Finley Ilett	9DW
Poppy Crausby	7SC
Sam Davidson	7KJD
Amy Graham	7SC
Joseph Leckie	7KJD
Neve Winder	7KJD
Eryn Skelton	7KJD
Lily Salmon	7KJD



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## Friends of QEGS NEWS

### Next Meeting:

Thursday 14th March at 7pm

### *Dates for your diary ....*

*Future event information to follow...*

## Friends of QEGS Committee

### Chair

Alison Almond

### Secretaries

Lucinda Weymouth

### Treasurers

Clare Glassford

David White

### Numbers Club

Sarah Thomas

Claire McKeown

### Recycled Uniform

Kimberley Lawson

## Diary Dates

### March 2019

Wednesday 6th & Thursday 7th March

Thursday 7th March

Thursday 7th March

Tuesday 12th March

Wednesday 13th - 20th March

Tuesday 19th - 27th March

Wednesday 27th March

Friday 29th March

Friday 29th March

Saturday 30th March - 5th April

Monday 15th April

Dance Evening

World Book Day

Y9 Immunisations

Y9 Parents' Evening

German Exchange

French Exchange

Y7 Parents' Evening

Whole School Photo

End of Term

Ski trip, Austria

Summer Term commences

For more events and up-to-date calendar information, visit the homepage of the school website and access the

[School Calendar via Google Live](#) which is regularly updated