



Queen Elizabeth Grammar School Penrith

March 2019

NEWSLETTER

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Dance Evening



Dance Evening this year was an event full of fun, colour, and clear passion for dance. The Dance Clubs, run by Year 12 students Grace Cresswell and Rebecca Ironmonger, performed wonderful dances and all three have qualified for 'The Great Big Dance Off', a national competition open to schools across England and Wales. Props played a factor this year, with everything from ribbons to basketballs to umbrellas appearing. The Year 7's all performed a 'cheeky' Charleston', whilst Years 8 and 9 got more choice to choreograph their own dances. Students from all years also performed voluntarily. The evenings showcased many of the talented pupils attending QEGS, with students performing both in traditional and contemporary styles, and many likely to go on to continue dance in later life.

Both evenings ended with the customary Sixth Form Dance, where the Year 13s come together to produce their own dance, choreographed by themselves. This year, the duty fell to Year 13s Libby Orton and Katie Loftas. The dance involved neon-coloured clothes, flares, and references to Queen and Dirty Dancing, with two boys pulling off the classic lift to wide applause. The dance was a mighty ten and a half minutes long, with many aspects to it creating what can only be called an experience.

by Daisy Lumley-Curtis (Year 12)

Headteacher's Update

Dear Parents/Carers

As we approach the Easter holidays after a very eventful and successful term, I am conscious that for many of our students the two weeks' break will not be entirely a time of relaxation. Soon after the holiday, our Year 11 and 13 students will be embarking upon their crucial public examinations and the break is, for them, an opportunity to prepare themselves for the rigours of the coming exams, although I would hope that revision has already started. I have recently spoken with all Year 11 and 12 students about making the most of the time they have left to prepare before the exams (a total of 41 days and 21 school days for Year 11) and the lengthy period after the final exam before they need to focus on their studies again, during which they can indulge in social media exclusively to their hearts' content.

Whilst wanting the students to ensure they give themselves the best chance to realise their full potential, I have been at pains to emphasise the need for breaks, relaxation, healthy eating and lots of sleep. Research shows that being fully hydrated, for example, can increase performance by 5% alone. It is a stressful time so it is a balancing act between preparing the mind and looking after the body. Taking regular breaks increases the efficiency of the learning during revision as well. Working solidly for two hours without a break may seem like an industrious effort, but the effectiveness of what you are doing tails off rapidly after about 30 minutes. A short break every half hour refreshes the mind and ensures better retention. I also indicated the need to create a timetable and to ensure they spend time on the subjects and topics they find tough or don't particularly enjoy. The Mindset ethos encourages challenge and learning from failure; better to do this at home revising than in the exam! I trust most if not all of the students have listened to this advice and have taken this on board.

I have placed the PowerPoint I used in the assemblies on the school website under the Pupils tab, in Study Skills, entitled Revision Yr11 2019. The same was used with slight amendments with Y13. I hope this is helpful for all parents, with school exams also on the horizon. Please contact me if you have any questions or need advice on this issue.

I hope you all have a great Easter and avoid the temptation to indulge in too much chocolate!

Mr Buckland
Headteacher

Governor News

A word from the new Chair of Governors

I became Chair of Governors on 7th March after having been a parent governor for nearly four years. Becoming Chair has made me reflect on the time I have been a Governor and on how much has actually been achieved by the senior leadership, teaching staff and support staff in that time. In the daily routine it is easy to overlook how much has changed:

- The new GCSE curriculum and grade system have been implemented, as well as the new A Level curriculum, both with excellent results.
- Our entrance exam has been remodelled to ensure everybody gets the fairest chance to get in.
- The outreach programme working with primary schools has grown significantly, and has been very successful.
- We have introduced a 5th class starting with this Year 7 intake, ensuring more children get the chance of the high quality teaching we offer, and also ensuring a better financial foundation for QEGS.
- Sorely needed building maintenance, including new windows and a new boiler.
- A new teaching block, the Colin Birnie Building, which is a great addition to the school.
- A strategic masterplan for future improvements to QEGS (when funding is available).

I find that an impressive list, especially in a time of big financial restraint. The above have been made possible because of the huge commitment from the staff and leadership, who have all worked hard to give our children the best possible, rounded education. Another factor in the success of QEGS is all parents and carers. First and foremost, without all the support the children receive from home, QEGS would never achieve what it does. Some parents also support the school in other ways, ie. Friends of QEGS, parent governors, giving time to extracurricular activities.

As the new Chair, I would like to take the opportunity to say that if there is anything any parent or carer would like to take up with the Governing Board - a great idea to do something better or new, a praise for something or someone, a more general complaint or worry - please get in contact with me at tine.boving.foster@googlemail.com The more we work together, the better we can make our children's future. My intention is that the Governing Board regularly contribute to the newsletter, so probably the next time will be more about the future.

Tine Boving Foster
Chair of Governors

Rotary Young Chef Competition



On Saturday 16th March, I took part in the regional finals of the Rotary Young Chef competition at Kendal College. There were nine competitors from Cumbria and Lancashire, Cheshire and North Wales.

We had ten minutes to set our tables, then two hours cooking time, in which we had to stagger the service of our starter, main course and dessert. I made broccoli and stilton soup with crispy croutons; pan-fried sea bass with a curried cauliflower purée and mango relish, raspberry mousse, meringue kisses and a raspberry coulis. Everyone made a range of outstanding dishes and showed a wide variety of skills. The standard of food was extremely high and I was really shocked when the judges announced me as the winner.



The two judges were Chefs Steven Doherty and Marc Saunders. They gave me brilliant advice for the final on ways to improve my dishes. All the people from the Rotary Club have been so lovely and helpful throughout the whole process. I have also had brilliant support from school and especially Mrs Buckland and Mrs Atkinson.

The final is being held at Leeds City College on Saturday 27th April. I am really looking forward to doing it all over again.

by Hannah Bentley (Year 11)

Carlisle Music Festival



The Queen Elizabeth Grammar School String Quartet competed in the Carlisle Music Festival String Quartet class and were awarded first prize after playing an arrangement of the First Movement of Concerto No.1 in E major, Op. 8, RV 269, La Primavera (Spring) by Antonio Vivaldi. The players were:

First Violin - Monika Davies
Second Violin - Merlyn Gildaley
Viola - Helen Lawrence
Cello - Fiona Kirkpatrick

Certificates

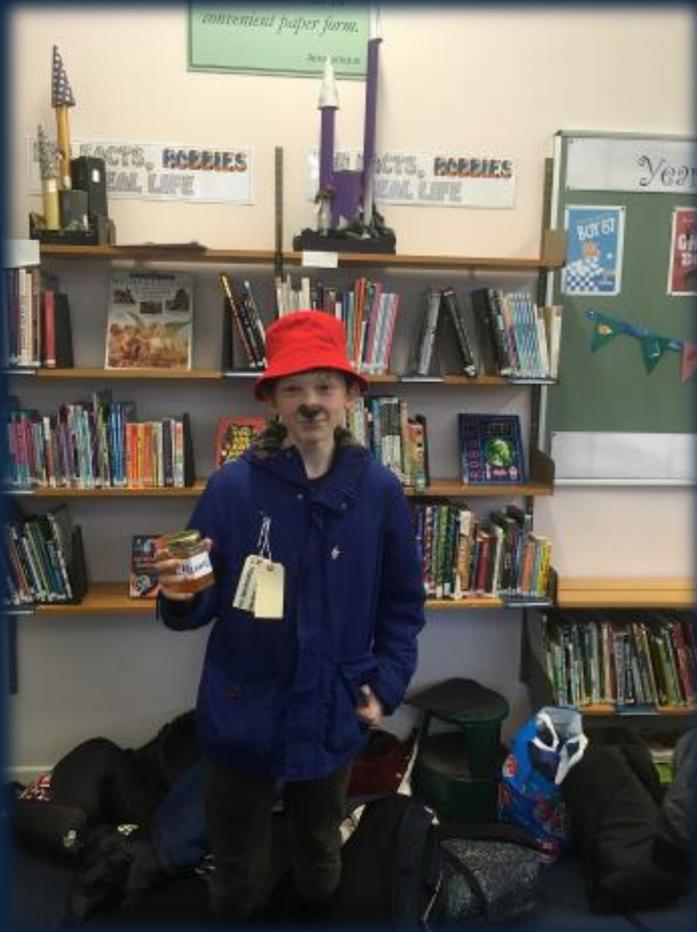
Have you got your GCSE or GCE certificates? If you didn't attend Awards Evening you should have collected them from school by now but we still have quite a few that are awaiting collection (some from quite a few years back). You will need your certificates at some point in the future so please call into school to pick them up as soon as possible. If you can't collect them yourself, please let us know who will be collecting on your behalf as we cannot release certificates without your permission. If you want to check if we still have your certificates, please contact the Exams Officer: examsofficer@qegs.cumbria.sch.uk



Queen Elizabeth Grammar School Penrith

Library News

World Book Day



On Thursday 7th March, staff and students from across the school celebrated World Book Day, with a theme of 'don't judge a book by its cover'"

Students, and a number of staff members, came to school dressed as their favourite characters from authors including David Walliams, JK Rowling and Dr Seuss. Students were queueing out of the library door to take up the offer of a 'blind date with a book', where readers chose their ideal book from a selection wrapped in plain brown paper with just a few clues as to the subject and plot written on the wrapping. Each book could be revealed once it had been issued by library staff and students were challenged to complete their date

by reading the book they had picked.

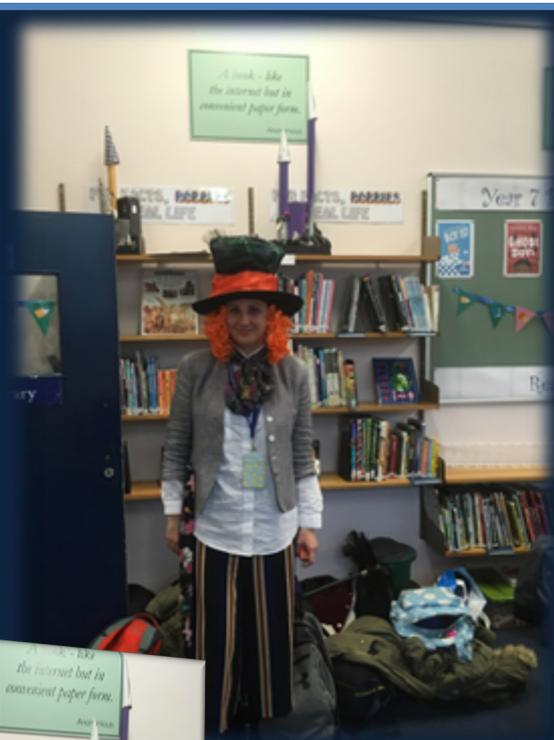
A range of quizzes and a book sale were also on offer in the library at breaks and lunchtime. All students were given a World Book Day voucher, which could be exchanged for a book from a range specially published for the occasion.

A photographic 'guess who's reading' competition was won by forms 13HS and 9DW. The successful forms correctly identified 14 members of staff from photographs where their faces were partly covered by their choice of book.

Librarian Mrs Vicky Marshall said, "World Book Day is a celebration of reading and books and we have had a really fun day in school. I'm delighted by the number of students and staff who have entered into the spirit of the day by dressing up and the standard of costumes has been very high. Reading has so many benefits and it is great to recognise and enjoy books and the richness they bring to our lives on this special day."









AN IEE!



Student Commendations

Commendations were awarded this month to the following students:

Headteacher's Commendations

Josephine Wong	7KJD
Charlotte Harnwell	7AGM
Noah Rankin	7AGM
Poppy Crausby	7SC
Nathan Ferrington	7KJD
Jessica Graham	7KJD
Madison Barker	7AGM
Ellen Watson	8SLC
Ella Kirkton	8RP
Thomas Dawson	7PCR
Morgan Macaulay	7AGM
Katie Smith	7KJD
Eryn Skelton	7KJD
Harry Prince	7KJD
Josephine Lloyd	7PCR
Neve Winder	7KJD
Penny Robinson	7KJD
Sophie Jones	7SC
Rufus Skelton	7AGM
Cory Liddle	7AGM
Carys Ilett	8RP
Anna Kirkbride	7PCR

Olivia Cleasby	7PCR
Eva Whittlestone-Pope	7PCR
Joel Vivian Thomas	7SC
Amy Graham	7SC

Deputy Headteacher's Commendations

Méabh McGrath	7KJD
Penny Robinson	7KJD
Sasha Dunn	7PCR
Isobel Page	7PCR
Eshal Asif	7KJD
Sarmad Khan	7AGM
Neehal Rajesh	7AGM
Kyle Stevenson	7AGM
Finn Wilkinson	7KJD
Theo Hodgson	7KJD
Samuel Pullan	7KJD
Hannah Binks	7CFB

Congratulations to everyone!



Queen Elizabeth Grammar School Penrith

Follow QEGS on Social Media

We can be followed on three Social Media platforms. We now have an Instagram account, which will run alongside our Twitter and Facebook pages. Search your favourite platform for QEGS Penrith to see news, pictures, videos and updates from school.



qegспенrith



Instagram

QEGS Penrith



@qegспенrith



Queen Elizabeth Grammar School Penrith

Friends of QEGS NEWS

Next Meeting:

Wednesday 15th May at 7pm

Dates for your diary

Future event information to follow...

100 Club Winners for February:

1 st	£40	Number 28	Sabrina Ferguson
2 nd	£25	Number 65	Lisa Shepherd
3 rd	£20	Number 16	Helen Errington
4 th	£20	Number 92	Fiona Wilson
5 th	£20	Number 52	Frances Henderson

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

April 2019

Friday 29th March

Sat 30th March - Fri 5th April

Monday 15th April

Tuesday 16th April

Thurs 18th - Tues 23rd April

Wednesday 24th April

Tuesday 30th April

End of Term

Ski trip, Austria

Summer Term commences

Y8 Parents' Evening

Sixth Form football trip, Holland

Spring Concert

Y8 HPV Vaccinations

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