

SCIENCE WEEK

By Rebecca Fold, Parent Governor / Link Governor to Science Faculty

On Friday 17 March, I was honoured to be invited to BMS to be a part of Science Week.

I first met with the Head of Faculty, Mr O'Brien, to discuss curriculum updates, and then I was introduced to the rest of the hard working, enthusiastic department staff.

Mrs Booth took me to five year 7 classes, where I observed a range of exciting lessons ranging from Life Cycles to Egg Drops! Luckily, I wasn't in the splash zone for the egg drop as the eggs were well past their sell buy date; however the children had constructed some of their parachute designs so well that there were no cracks!

At lunchtime, the turn out to watch the rocket launches was great. Teams worked collaboratively to create unique designs. It was exciting that most shot up really far into the air and were a great success. The ones that flew sideways were my favourite though!



In the afternoon, I had an excellent time going to the Technology Bus with Miss Atchuthan's year 8 class where the children coded a game and watched a 3D science video. We then went into school to explore virtual 3D lands through headsets and control floor turtles.

It was a fantastic day, also a real pleasure seeing so much interactive learning and a love of Science. I would like to say a huge thank you to all the BMS staff and children.



What's On

**SUMMER TERM STARTS
ON WED 19 APRIL
AT 0840**

Wed 19th – Fri 21st April
Y10 Geography field trip to
Weymouth – depart 0900

Thurs 20 April
House Music Competition
(1530-1700)

Wed 26 April
Y8 Normandy trip meeting
for parents (1700-1800)

Thurs 27 & Fri 28 April
Y10 GCSE Dance Showcase
(1900-2030)

STUDENTS OF THE WEEK

KEY STAGE 3



FRANCESCA (08Maple)

Francesca has been nominated for the exceptionally good reports she received during the recent Year 8 Consultation Evening. She has especially been nominated for her incredible efforts during her singing lessons. Francesca has a wonderful attitude in school. She is always positive and her enthusiasm at school is contagious! Francesca has an incredible 274 reward points and we are very proud of everything she is and everything she has achieved. Well done Francesca! Keep up the GREAT work!

KEY STAGE 4



VICTORIA (11Beech)

Victoria has been chosen this week just for being an outstanding student! Victoria has the most achievement points in Year 11 with no consequence points! She has 100% and 7's in all of her ATL scores in her spring assessment! Victoria is consistently hardworking in all her subjects and approaches school life with a positive and enthusiastic attitude. Her extra-curricular highlights include developing Bushey Meads very own history magazine 'So Last Era' and fund raising for worthy causes. Victoria is an exemplary role model to all students at Bushey Meads and we are very proud of her! We wish you all the best and every success at this important time.

KEY STAGE 5



OLIVIA (13Elm)

Olivia is hoping to study Criminology at University next year and has been working tirelessly on her English coursework over the last week to give herself the best chance of this becoming a reality. Her fantastic coursework on post-traumatic stress disorder in WW1 is really maximizing her opportunities for the future.

PASTORAL NOTICES

Summer Term starts Wed 19 April at 8.40am

Advance Notice: Next Staff Development Day is Tues 2 May, the day following the May Day bank holiday. Students therefore return to school on Wed 3 May at 8.40am.

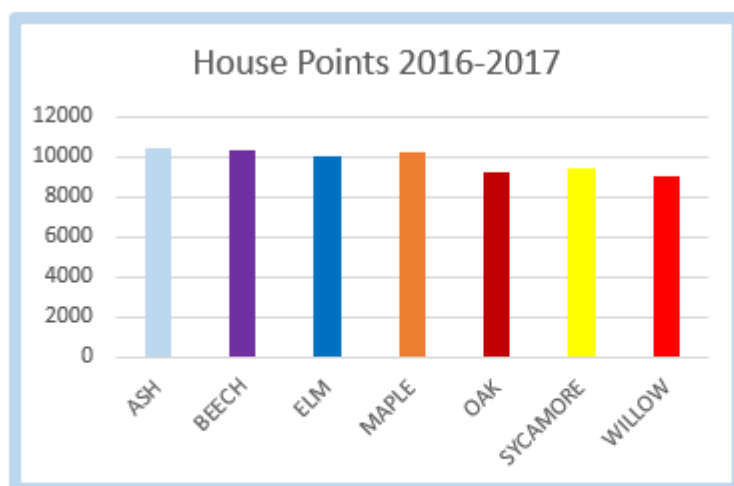
KS3 & KS4

No notices this week.

KS5

Y12 Work Shadowing week: week commencing Monday 10th July 2017 - the packs have now been issued to all students in time for them to use the Easter holidays to start the search for a suitable placement.

HOUSE POINTS UPDATE



ASH	10402
BEECH	10304
MAPLE	10232
ELM	10056
SYCAMORE	9472
OAK	9267
WILLOW	9008

At the end of the second term Ash House are still in the lead. However, with House Music, Sports Day and the House Debating competitions yet to take place there is still time for scores to change!

UNIFORM

With many parents thinking about buying new items of uniform over the Easter break please do remember to check the uniform regulations. The full uniform list can be found on the school website and on pages 7 and 8 in the student planner.

SCHOOL UNIFORM SUPPLIERS:

DJ UNIFORMS: 45 High Street, Bushey, Herts WD23 1BD. Tel: 020 84219488
e-mail: info@djuniforms.co.uk website: www.djuniforms.co.uk.

BEAT SCHOOL UNIFORMS: Tel: 0844 879 7288
email: info@beatschooluniforms.co.uk website: www.beatschooluniforms.co.uk

Word of the Week (WOW)

Ms Bowe, Lead Practitioner – English & Whole School Literacy

Word of the Week 27.3.17

Pronounce it: Bell-ij-er-rant

Definition Adjective

-a natural disposition to be hostile;
-hostile or warlike attitude or nature

Belligerence is a natural disposition to be hostile or aggressive, or a warlike attitude. Some people misinterpret the word as simply meaning awkward or infuriating- although belligerent people can certainly appear that way!

Belligerence in people is characterised by a tendency to pick fights or be aggressive toward others. It can be something in your nature, or it can be an attitude you summon in the heat of battle, as when you're going up against a rival sports team. One thing's for sure, there is nothing peaceful about belligerence, which, when displayed by armies or countries, can lead to devastating wars.

Sentence example:
The mood in the meeting was belligerent.

BELLIGERENT



Is a mood to fight, almost always! Then you are a belligerent parrot.

late 16th century: from Latin *belligerant-* 'waging war', from the verb *belligerare*, from *bellum* 'war'.

Belligerent

Use it instead of:
enmity, truculence, pugnacity, combative, antagonistic, combative, hostile.

Challenge: use this word in a conversation, or piece of writing this week.

Maths Challenge of the Week

Mr Akram - Lead Practitioner for Maths

2017
Maths Challenge 10

Maths Challenge
Level 1

Solve this pair of simultaneous equation:

$5x + 2y = 20$
 $x + 4y = 13$

16parthipan@bushey.meeds.org.uk

Maths Challenge Level 2

Solve using elimination.

$-4x - 8y = 20$
 $5x + 8y = -17$

16ponugubatr@bushey.meeds.org.uk

Maths Challenge Level 3

Solve this pair of simultaneous equation:

$2xy + y = 10$
 $x + y = 4$

16mehtak@bushey.meeds.org.uk

When you have completed any of the challenges, email the addresses below or to Mr Akram (akrama@bushey.meeds.org.uk) with your answers. First correct answer wins a PRIZE. Thank you and good luck.

Scientist of the Week

Miss Martindale, Teacher of Science


Nominated by Miss Martindale

Mae Jemison

Sc	I	Eu	N	Ti	S	Ta	O	F
Th	U	W	En	K				

Mae Jemison, born 1956, is a well known NASA astronaut and was the first black woman to travel in space.

After completing her training as a doctor and then working as a medical officer for many years, Mae applied to NASA, and while on her space mission she carried out two experiments on bone cells, and experiments on weightlessness and bone sickness.

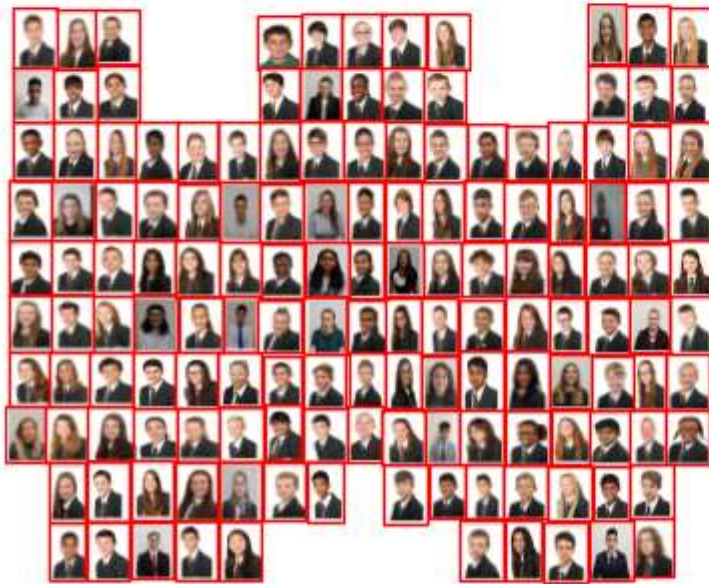


What is the name of the recently discovered solar system which contains 7 Earth like planets?

Got the answer, or want to nominate a scientist? E-mail martindalee@bushey.meeds.org.uk



Willow House



There are around 400 species of deciduous trees and shrubs of Willows, forming the genus *Salix*.

The leaves and bark of the willow tree have been used as a remedy for aches and fever since ancient times. As it is so flexible Willow has been used in some of our earliest manufactured items, including: fishing nets, baskets; traps, fences, wattle and daub house walls, and coracle boats. It has also been used in the manufacture of boxes, brooms, cricket bats, furniture, dolls, toys and tool handles. Additionally willow is used in agriculture, art, for energy, for ecology

and the environment, and has been used in religious ceremonies throughout history.

Like Willow trees, we come in different types - we are adaptable and flexible, between us we have many skills and we can use them to enhance our community.

It is great to see so many Willow students taking part in school activities such as the Rocket car racing, collecting for the food bank, House Music competition, and basketball. Later this year there will be further opportunities to take part in, such as the debating competition and sports day.

As spring is a time of new beginnings, why not try a new activity after the holiday?

Raising Achievement

Ms Ash, Assistant Headteacher

With just 16 school days until the start of the GCSE and A level examinations the students and staff are working incredibly hard in order to ensure success. The extensive revision sessions over the Easter break (see timetables on website for last minute changes and updates) go a long way in helping students to achieve. In addition we are running weekly revision sessions at lunchtimes and after school, and the Learning Resources Centre is open for students to use before school, at break and lunch times and after school.



The popular Study Saturdays are commencing on Saturday 22 April and run from 10am-2pm with the Learning Resources Manager, Mr Back, leading the sessions. Students in years 11, 12 and 13 will also receive their

Maximising Achievement Timetables after the Easter break where they will have details of special revision preparation before each of their exams. **See Easter Holiday Revision Timetable on the next page.**

Easter 2017 Revision Timetable

Monday 3rd April	English	GCSE	09:00-12:00	LL/SLS/DB	F3 /F7/F5
	PE	AS/A2	09:00-13:30	AC/MSO/SH	C4/tbc
	English	yr13 L/L	09:00-14:00	LC/MD	F4
	Physics	A2/AS	09:00-15:30	HB	L8
	Chemistry	A2	09:00-15:30	KC	L7
	English	GCSE	09:00-15:30	HL	F6
	English	GCSE resit	09:30-12:30	KN	F1
	DRAMA	GCSE	10:00-15:30	TF	H8+H8A
	Philosophy & Ethics: RS	A2	10:00-15:00	AW	F2
English	GCSE	12.30-15.30	DB	F5	
Tuesday 4th April	English	GCSE	09:00-12:00	LC, LL + 2	F1,3 5 & 7
	English	Yr13 L/L	09:00-12:30	DB/MD	F4
	Art, Photography, Graphics	A2/AS/GCSE	09:00-14:00	MW	C1,2, 3, 5
	French	A2	09:00-15:00	NCP	A4
	Triple Biology (sets 1-2)	GCSE	09:00-15:30	DOB	L9
	Child Care	Year 13	10:00-14:00	RB	L1
	DRAMA	GCSE	10:00-15:30	TF	H8
	French	GCSE	12:00-15:00	NCP	A4
	English	Yr13 L/L	12:30-15:30	DB/MD	F4
Wednesday 5th April	Spanish	GCSE	09:00-12:00	HC	A5
	English	yr 13 L/L	09:00-12:30	MD	F4
	Art, Photography, Graphics	All	09:00-14:00	MW	C1,2, 3, 5
	Maths	GCSE	09:00-15:00	SV	G6,G7,G2
	Maths	Yr 12/13	09:00-15:30	JD	G6
	A2 Biology	Y13	09:00-15:30	DOB	L9
	Child Care	Year 13	10:00-14:00	RB	L1
	History Early Stuarts	AS/A2	10:00-14:00	RN	A2
	AS Law Revision	Yr12 / 13	10:00-15:00	SK	A7
	DRAMA	GCSE	10:00-15:30	TF	H8
	Spanish	A2	12:00-15:30	HC	A5
Thursday 6th April	Technology Graphics	GCSE	09:00-12:00	AJ	C10
	Creative Writing As	GCSE/As	09:00-13:00	JHC/MD	F1
	Technology AS Product Design	Yr 12	0900-15:00	AJ	C10/ C8
	English	GCSE	0900-15:30	HL	F3
	Maths	Yr 12/13	0900-15:30	JD	G6
	AS Biology	Yr 12	0900-15:30	DOB	L9
Friday 7th April	Music - Listening & Creative Task	GCSE	10:00-15:30	SB	D2
	Geography	GCSE	09:00-11:00	GS	F1
	Physics (sets 3-7)	GCSE	09:00-12:00	EM	L6
	Maths	Yr 12/13	09:00-15:30	JD	G6
Wednesday 12th April	Music - Listening & Creative Task	GCSE	10:00-15:30	SB	D2
	Business GCSE 11Bs1 (paper 1)	GCSE	09:00-11:00	EP	A7
	Spanish	GCSE	09:00-12:00	HC	A5
	Maths	GCSE	09:00-15:00	SV	G6,G7,G2
	Dance: all units	GCSE	09:00-15:30	EMR	HALL
	Biology (Double Science)	GCSE	09:00-15:30	JAT	L5
	Art, Photography & Graphics	GCSE/As/A2	10:00-15:00	KH	C1,2,3,5
	Business GCSE 11Bs1 (paper 3)	GCSE	11:15-14:00	EP	A7
Thursday 13th April	Maths	Yr 12/13	09:00-15:30	JD	G6
	Spanish	A2	12:00-15:00	HC	A5
	Business GCSE 11Bs2 (paper 1)	GCSE	09:00-11:00	EP	A7
	Chemistry Triple (sets 1-2)	GCSE	09:00-12:00	KC	L7
	Dance - Moderation/showcase	GCSE	09:00-15:30	EMR	Hall
	Chemistry Double	GCSE	09:00-15:30	MDG	L4
	Music - Listening & Creative Task	GCSE	10:00-15:30	SB	D2
Tuesday 18th April	Business GCSE 11Bs2 (paper 3)	GCSE	11.15-14.00	EP	A7
	Maths	Yr12/13	09:00-15:30	JD	G6
	Art, Photography, Graphics	GCSE/As/A2	10:00-14:00	AH	C1,2,3,5
	Physics	GCSE	09:00-15:30	HB	L8
Tuesday 18th April	Music - Listening & Creative Task	GCSE	10:00-15:30	SB	D2
	Drama	GCSE	10:00-15:30	TF	H8



KS3 E-club

KS3 E-club is on Mondays at lunchtime in F4.
 You can practice your digital skills including:
 Programming and modelling algorithms in Scratch, Alice, Kudo, LOGO, Flowol or Python;
 Graphics skills in photoshop, fireworks, 2D design or Sketchup;
 Website design and creation in WIX, Dreamweaver or using HTML in notepad;
 Game creating in Sploder or another on-line application.

Sometimes we get out the Raspberry Pis, the Robotic arm, the arduinos or use the microbits.

Or come just to explore some of the other areas of IT, Digital Literacy and Computer Science.

There will be some sixth form students and myself on hand to assist. You may bring your lunch with you.

Space is limited so arrive early to ensure you get a computer.

Contact Ms Gregory if you need further details.








Programming Workshop

If you are Interested in learning or improving your skills at programming in **Python, Javascript, or C#** or learning to use **HTML** then come along to the programming Workshop on **Thursday lunchtimes in F4** (for KS3, 4 and 5).



There will be some sixth form students and myself on hand to assist. You may bring your lunch with you.
 Space is limited so arrive early to ensure you get a computer.

Contact Ms Gregory if you need further details.

VACANCY FOR PARENT GOVERNOR

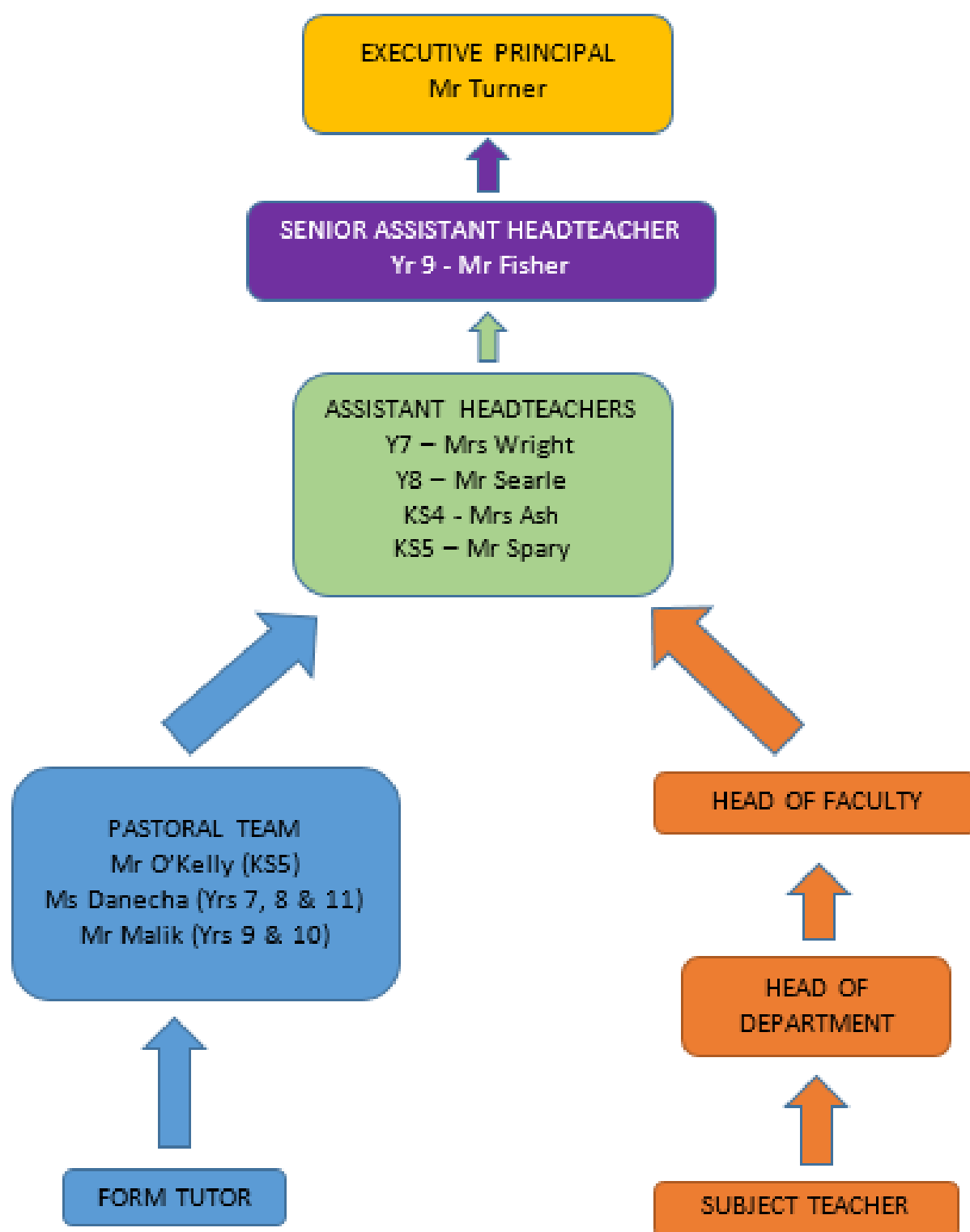
Final reminder for all parents and carers: A group call email was sent out to all parents and carers two weeks ago, notifying of a vacancy for a parent governor that has arisen due to the resignation of one of our valued and experienced parent governors.

Please do take the time to read the letter from Mr Turner inviting parents and carers to consider submitting an application for this vacancy. The nomination form is also attached to the email – NB it is essential that applications are seconded.

Deadline for applications: **Wednesday, 19th April, 3.30pm.**

Channels of Communication

In a large school it is important to know who to contact if you would like to raise a concern or provide us with information. If you have a concern you would like to share with the school regarding your son or daughter your first point of contact needs to be the subject teacher or the form tutor. They can be contacted via the school email: reception@bushey.meads.org.uk, marking it for their attention, or by telephone: 020 8950 3000.



Science Lessons at

It was a real privilege to visit the Science Faculty last week and see so many students inspired by their teachers and fellow students and fully engaged in their learning in this key area of the school.

Our top A level students were grappling with complex topics in the A2 Chemistry syllabus with Mr Chan and in Mr O'Brien's GCSE class it was great to see students discussing their work and helping each other in the engaging group task set for them to complete – all focussed on preparing for their upcoming GCSE examinations.



BMS.....

Practical work was the order of the day in Miss Booth's highly engaging Key Stage 3 lesson.

After a clear demonstration by the teacher, outlining the practical task and covering all the important health and safety issues, the students eagerly set up their equipment and really enjoyed conducting their experiment. By the end of the lesson they had fully explored the impact of different material coverings and their effect on heat loss over time.

It was great to see!



Mr Turner, Executive Principal



Mr Chalkley, Head of Design & Technology

British Schools Karting Championship

The drivers selected for this year's karting competition came with a range of experiences and skills. For some, it was to be the first time racing in such an intense competition, for others it was an opportunity to show just how good and fast they already were.



Across four evenings and two karting tracks, at Edmonton and Acton, the students gave their all against other schools from the region. With only the top two teams qualifying for the next round, it was great to hear the Bushey Meads Team of Jaedon Adolphe (11Oak), Italiia David-Mcleod (10Beech) and Ethan Newsham (09Beech) had achieved first place!



Much praise goes to all drivers that took part and I hope to see many of them building on their experiences this year to become even faster next time.



A vegan way of living?

Mrs Hanbury, Head of Food Preparation and Nutrition

The Year 9 and Year 10 Food groups had the pleasure of a visit from an education speaker, Vicky Allhadeff, from Animal Aid last week to help consolidate the topic of Vegetarian and the reasons why people become vegan which the students have been completing.

Did you know?

- a meat eater will eat on average 4,500 fish, 80 turkeys and 30 sheep in their lifetime
- animal agriculture is responsible for 18% of greenhouse gas emissions - more than the combined exhaust emissions from all transportation
- a dairy farm with 2,500 cows produces the same amount of waste as a city of 411,000 people

These are just the environmental issues we have been looking at. We hope the meat we eat has been reared and transported in humane conditions but the Food Standard Agency reported a total of 9,511 animal welfare breaches between July 2014 and June 2015 - of which 4,445 were the most serious.

The Year 9s and 10s have already been cooking some beautiful vegan dishes and as a result of Vicky Allhadeff's visit, they have been busy cooking more.

Here are a few examples of their work:



Red lentil and carrot soup



Spinach, potato & chickpea curry



Vegetable savoury rice

A Fab 'Friday Faculty Focus'



Every Monday and Friday morning all staff at BMS gather in the staffroom to focus on the week ahead, celebrate the successes and share best practice.

Our regular 'Monday Magic Moments' and 'Friday Faculty Foci' sharpen our practice across our learning community. They are just one more way that we are ensuring as much outstanding practice as possible is shared across our school for the benefit of all students and their learning.

Last week it was the turn of our inspirational Head of Faculty for Maths, Mr Varsani, who demonstrated a really effective way to engage students with problem solving questions in a carousel type activity; students rotated round the room in small groups and added to the answers and methods to solve questions provided by their peers. At the end of the lesson all the learning was captured electronically and shared across the class, maximising the progress for all.

Simple, effective and shared across the staffroom in 3 minutes – **it was fab!**

A follow up from the Y10s Work Experience Week

Mrs McIldowie, Head of Work Related Learning



Since our Y10 work experience week we have been receiving calls and emails from employers who supported our students.

One in particular that stands out is from a local chemist – Lister in Bushey Heath – who had the following words to say about Denethri (10Oak):-

"Just want to send an email to say how wonderful Denethri was. She sincerely worked hard and embraced the working life at Lister Chemist. Gelled well with the team and customers. It is not often customers take time out to complement staff, but a

lady phoned up in the evening to complement Denethri on how professional and caring she was. Please acknowledge this to her. She certainly is an asset to your school and trust she will be fruitful in her future."

Once again well done to all our Y10 students for participating in a very successful work experience week.

Update on the Drama Department

Amira Izhar (12Oak), Arts Faculty Journalist

This term has been jam-packed for the drama department, creating a busy but exciting atmosphere. The Year 9 performances of John Godber's 'Teachers' took place earlier this term. Salty, Gail and Hobby's retelling of their experiences in school led to humorous results. Additionally, the Year 10 devised performances produced great results, their talent already blossoming in the lead up to the end of their first year of GCSE. The Year 11 mock performances have also taken place - a display of all the hard work they have put into their plays and a great opportunity to focus on details that could make all the difference for their final performances.



I had the opportunity to watch the Year 12 performance of 'Medea' and I was enthralled by the excellent characterisation of the performers and the clear dedication and hard work that went into crafting their piece. The play featured Hannah as the complex, eponymous Medea and she portrayed the beautiful vulnerability of her character exceptionally well, with admirable strength of self throughout. Saffron, Year 13, played Jason with an iron-clad nerve and also played the puppet master of her son, Tom, which gave an interesting dimension to the play. Her duologue with Beth Tolliday, playing the comic relief with a hilariously naive, tactless personality was refreshingly innovative. I particularly enjoyed the ending of the play - a spectacular climax that engendered an existential sense of finality as the set was destroyed in a symbolic representation of the protagonist's inner turmoil. The ladies performed this twisted tale of domestic dystopia with aplomb and conviction, leaving the audience enamoured with their talent.

Congratulations to everyone who has been working hard in drama in the last fortnight, endorsing that Bushey Meads has some wonderfully gifted actors across all the year groups!

The Purcell School Community Festival Concert

Miss Craven, Teacher of Music

Over the last few weeks 14 pupils from Year 7 and 8 have been travelling to the esteemed Purcell School of Music to compose and arrange their own pieces, alongside students from the Purcell School, for their annual Community Festival project.

The students met for one hour every two weeks to rehearse and create a short duo piece and a longer ensemble work. Each member of Bushey Meads was paired up with a musician from the Purcell School to be their mentor throughout the project and guide them through the composition process.



On Wednesday 15 March, the students delivered their performance to a healthy sized audience at the Purcell School of Music with the addition of an exciting special guest, the three time Grammy Award-winning violinist, Hilary Hahn.

The evening kicked off with performances of all the duo compositions. The exciting duos ranged from creatively written piano pieces for example, 'Improv to the Finest' by

Phillip Nuka and his piano playing partner and 'Crossed-Paths' by Cameron Beckford and his mentor, to lyrical cello duos by Aarav Kothary and his mentor. Lots of the performers were paired with students that played the same instrument as them, such as Rashmi Parthipan and her partner. All the students performed well with their Purcell mentors demonstrating compositions that had creative and interesting ideas.

After this, Hilary Hahn stepped up to perform two short compositions. One of these had been written for her by a Spanish composer, Antón García Abril, whilst the other piece was by Johann Sebastian Bach, a composer from the Baroque era. The students from Bushey Meads and Bushey Academy were invited to draw a picture or a graphic response to these performances that will be later collated into a small book for the students that partook in the project.

To finish the concert, the pupils performed their ensemble pieces. We Will Rock you played a tight performance of Heart and Soul. The other two Bushey Meads groups performed the well-known, Let It Go and a medley of songs, ranging from Hallelujah to My Way.

To end the evening, the results of the competition were announced. Yehen Singankutta and his mentors' beautiful compositions, *The Hazel Tree*, featured 2nd in the duo competition. Whilst in the ensemble competition, Akhil Radhakrishan, Aarav Parbhoo, Bo Kabucho and Edward Boothe came in third. Taking the gold was Zuva Makoni, Petru Sandu Nicolaescu, Vikrythan Kirushnamoorthy, Toyosi Oyedesi and Charlie Mainwaring with their clever medley of pop songs.

All the students performed with confidence and skill and should be proud of how far they have come during the project. It will certainly be one of my highlights of this year!

YOUNG
BUSHEY MEADS SCHOOL

MUSICIAN
APPLY TO AUDITION

OF THE YEAR
KS1/2/3/4/5
WELCOME

2017
DEADLINE TO APPLY 21ST APRIL
FINAL ROUND 25TH MAY 7PM

ASK
A MUSIC TEACHER
FOR AN AUDITION SLIP

BUSHEY MEADS SCHOOL

Are you a hidden musician that doesn't get the opportunity to show off your skill? Are you an instrumentalist or singer?

This year the music department is launching its own Young Musician of the Year award, open to instrumentalists - from brass players to pianists to sitar players, and singers across all the key stages to celebrate those accomplished musicians amongst the school.

Any musician is welcome to apply.

Most categories within the competition will be for solo musicians, however there will also be an opportunity for ensembles or choirs to take part in the competition. Any style of music is welcomed from classical to Carnatic!

All money raised will go towards the music department funding campaign for new instruments. **Deadline for applications is the 21st of April** with the first round of auditions commencing Monday 24th April.

Please collect a slip from Miss Brown or Miss Craven.

STAFF VACANCIES AT BUSHEY MEADS SCHOOL

We are currently advertising for the following staff positions at Bushey Meads School:

Pastoral Administration Apprentice

Further information can be found on the school website under 'Vacancies'.

Alternatively, please contact the HR office on 020 8955 8833 or email: vacancies@busheymeads.org.uk

STAFF VACANCIES AT LITTLE REDDINGS SCHOOL

Little Reddings is advertising for the following staff position:

Nursery Teacher - maternity cover for one year with the possibility of a permanent contract for the right candidate.

Further information can be found on their school website, www.littlereddings.herts.sch.uk under 'Vacancies', or phone the main office on 020 8950 5388.

HEALTH & FITNESS WEEK

Mr Cartledge, Head of PE & Health

Last week, the week of 20 – 27 March, was the school's 7th annual whole school Health and Fitness Week with all students in years 7-11 again completing their fitness testing. The aim of the week is to raise awareness about healthy lifestyles and for students to consider how their current lifestyle affects their own levels of fitness. The results of the testing will be available via the Learning Gateway after the Easter holidays. The attitude of the students towards the testing was excellent, with a really supportive environment in the sports hall. Well done to all those students who improved their score from the previous year. Top scores for each year group are shown below:

	BOYS	GIRLS
YEAR 7	Tyler Pearce 10/1	Megan Hooper 9/1
YEAR 8	Charlie Mainwaring 10/1	Jess Benveniste 10/5
YEAR 9	Mohammed Djahnit 12/0	Naomi Djanmah 9/8
YEAR 10	Aidan Angold 12/0	Sophie Ashby 9/2
YEAR 11	Euan Enright 14/7	Olivia McManus 9/5



Healthy Eating Masterchef

On Thursday, 30 budding chefs took part in the Healthy Eating Masterchef competition. The kitchens were buzzing with tension and excitement as the teams carefully prepared their two-course meals.

The standard of the food was higher than ever, making it a very difficult decision for the judging panel of Mr Fisher, Mr Chalkley, Mrs Fisher, Mrs Cartledge, Miss Ward and Mr Malik. The results of the competition will be announced after the Easter holidays.





The annual whole-school **FUN RUN**



On Friday over 1000 students took part in the annual **Fun Run** to raise money for the British Heart foundation and Comic Relief charities.

As ever, the students launched themselves into the spirit of the occasion with many running between 5 and 10 laps of the course.

The school raised over £2,000 for charity and it was great to see so many students taking part in physical activity in the fresh air.



PE and Health Faculty News

Mr Cartledge, Head of PE & Health

Basketball news

Year 10 Boys Basketball v Bushey Academy (District League)

Date : Monday 27th March

Result : 37-26

Scorers: Ben Faulkner 17 pts, Peter Ayani 12 pts, Joel Smith 6pts, Yama Qarib 2pts

Squad : Charlie Lyall (Coach), Peter Ayani, Aidan Angold, Joel Smith, Jack Fordham, Yama Qarib, Ben Karakaya, Philip Mitchie, Ben Faulkner, Jayson Jeyanathan

Commended performances : Peter Ayani and Ben Faulkner

Comment : An excellent performance by the Year 10 basketball team which meant the boys won the District League.

The opposition were a tough team but an all-round team effort secured the win. Special mention to Peter Ayani and Ben Faulkner who organised the team throughout.



Rugby news

Year 7 Boys Rugby v St Michael's School (Friendly)

Date : Monday 28th March

Result : 35-50

Tries : Dylan Cross x 3, Max Machen x 4

Conversions : N/A

Squad : Dylan Cross, Colm Monaghan, Max Machen, Tommy Holmes, Lewis Lacy, Toby Stevens, Tom Barnes, Thomas Manzie

Commended performances : Dylan Cross, Max Machen, Colm Monaghan, Thomas Manzie

Comment : The squad was hugely depleted for the final game of the season which meant that the eight boys named above had to work even harder - and they definitely rose to the challenge. We conceded two tries very early on but BMS didn't get disheartened and very quickly responded with a try of our own. Our defence remained resilient for long periods of the match which was testament to the tackling skills of the players but the game finally ended 35-50 in favour of St. Michael's School - which was very respectable indeed.

Particular mention goes to Colm Monaghan who suffered three injuries throughout the match but continued to play on as there were no substitutes available to replace him, and Thomas Manzie who agreed to step in and help the team at the last minute - despite not having played competitive rugby before - due to BMS having a depleted team.

Year 10 Mountain Biking

On Tuesday of this week the new Year 10 Sports Studies vocational group travelled to Ashridge Estate for a day's mountain biking.

The group have been studying Outdoor Education as part of the course and have been looking at the various types of activity this involves and the many benefits to be gained from participation in these types of activities.





For a recent assignment the group had to plan and complete an outdoor activity of their choice and they chose to take part in a day's mountain biking.

It was a fantastic day with the sun shining throughout. The group followed trails to Ivinghoe Beacon, Ashridge House and Aldbury, covering a total of 18 miles along some difficult terrain.

The effort and attitude of the group was fantastic throughout the day - even on the uphill sections! Well done to all those who took part.



As a Trust we are delighted to announce that Little Reddings Primary School is appearing for the ASDA Watford (dome roundabout) green token scheme and will remain till the end of March.

If, as a parent of a student in the Bushey St James Trust, you shop in ASDA please ensure you collect your green token and deposit it under 'Little Reddings'! Do also tell you friends and families as all tokens will help towards raising funds for our primary school within the Trust.



The House Teams Present
BMS House Music Competition



Thursday 20th April
3:30pm
Tickets £1
Come and support your House!