



Challenging gender stereotypes – pH7



We are called team 'pH7' and we are challenging gender stereotypes particularly within careers so that children and young people don't feel limited by their gender. We want everyone to be able to achieve their dreams regardless of who they are!

We have done lots of exciting things for our campaign recently:

- We were on the radio and had an interview to spread our message and reach more people. Here is the link to the radio interview, we are on at 25:45mins through the show: <http://listen-again.ujimaradio.com/index.php?id=40824>
- We have also been on the GWR train service between Bristol Temple Meads and Severn Beach to speak to members of the public and find out what their career ambitions are/were.
- We also ran a trip to the GWR headquarters and some girls had the chance to try out train simulators and this was to encourage girls in engineering.

Priya Ubhi, Year 12



We The Curious

Recently the year 12 Psychology classes visited We the Curious (formerly @bristol) with Mrs Benkemoun and Ms Lippiett. The students had an amazing experience, developing their understanding of the how the human brain works. The exhibitions included: funny faces (optical illusions); weighing a brain; brain power; cell station, surprising sound; and dreams.

Each exhibit gave the girls a comprehensive understanding of how the brain works and how certain parts of the brain function and develop over time. They also got to observe a real human brain, which was a very fascinating display.

They were able to put Psychology research into perspective using observation which is a key topic in Psychology. Students observed children and the amount of seconds/minutes they would spend at each station and use what we have learned in Psychology. Through this they were able to recognise the important features of a successful investigation using human subjects. The lesson conducted a broad range of topics in Psychology, from social influence to memory. They looked at understanding the roles of different neurons and of the central peripheral nervous systems as well as gaining an understanding of sensory, short-term and long-term memory, understanding the flashbulb memory phenomenon and considering the reliability of eyewitness testimony.

Our trip to We Are The Curious was very enjoyable and a few students kindly gave a few statements, such as "I was able to understand why observations are very time consuming". Another student said "I learnt a lot about memory recall especially when putting it into perspective for example eye testimonies, which might not be valid as the person might have not been paying attention as assumed". Overall, the whole of the year 12 class have had an amazing experience at We the Curious. We thank our Psychology teachers for giving us the opportunity to go on this trip

Sulecha Abshir & Amina Jimal,
Year 12



Student Wellbeing Committee

The Student Wellbeing Committee wants to make sure that you all feel happy and safe at school. We have been thinking about ways to improve the homework system, and worked alongside Miss. Cornelius during All Together Week (Anti-bullying Week).

During All Together Week, the Student Wellbeing Committee worked with Y10 students to make an anti-bullying video that was used to promote the anti-bullying message across the school in House Assemblies in the PSHE Tutor PowerPoint.

A range of other events took place during All Together Week, including the Diversity Poster Competition, an opportunity for students to be awarded with Random Acts of Kindness Rewards from their teachers and students leaving anonymous thank you messages for friends and teachers to be read out in House Assemblies. All of these events have helped to spread the 'All Different, All Equal, All Together' message.

The winners of the Diversity Poster competition were:

**Isabel Joicey (Cu6),
Charlotte Goldsworthy (Jo3),
Aggy Hughes (Fr5),
Suad Hamid (Pa5),
Aya Mohamed (Jo4)**

There are a range of activities and events that we are planning for the next few months. During the last two weeks of term we launched a 'Respect Challenge' where teachers rewarded students with pink tokens (worth 10 house points). We have been discussing homework, and ways to help students complete it on time. A few of us have also been thinking about setting up a 'Student Pastoral Team' for student one-to-ones, in case you'd rather speak to someone in your age range, rather than an adult (which is not to say that the Pastoral Team aren't lovely people!) The Student Council badges are on order, so soon you will be able to tell who you can ask about any suggestions you have.

We'd love for you to get involved, so we can hear everyone's views, ideas and points of view. Any event suggestions that you tell us will be discussed at our meetings. If you'd like to come along to some of these meetings, we meet weekly on Thursdays at 1.20 in D9. Remember that if you don't tell us about your concerns we can't solve them!

Please do not be afraid to come up and speak to us! Thank you.

Freya Gamlin and Maria Lapuridi from the Student Wellbeing Committee

D of E Bronze expedition



We were not great fans of walking before the expedition, but we were forced to do D of E by our parents. So we messaged our friends, from other schools, who had

already done the expedition for essential tips and they were all really enthusiastic and had had great times, apart from one who had been lost for several hours on her silver expedition but still enjoyed the time with her friends.

On the Wednesday before we had a training session on the essentials: putting up a tent, first aid and cooking outdoors. We took home our rucksack, tent, and Trangia – surprisingly our bags were heavy already. We arrived at the start point, really early on Saturday morning in the rain (which was not forecast) all unusually excited. We met our group leader, Ms Cornelius, who was going to start the walk with us and check that we could navigate. Mum was relieved as she was so worried we'd get lost. Unfortunately, Ms Cornelius's other role was to put phones in sealed envelopes to ensure we would only use them in an emergency. Eventually we started the first kilometre (which was the hardest bit). But we kept putting one foot in front of another until we stopped for lunch which was so good, just a sandwich but it was the best sandwich I have ever had in my life. After lunch, Ms Cornelius left us to fend for ourselves. We then encountered our first huge hill. We had

to stop for 30 seconds every 20 paces up the hill, as a girl in our group has asthma. But with encouragement and silly songs we all made it to the top. The next challenge was a field of bulls: being cautious we hid anything red and walked on. We carried on through a forest, where we found a rope swing and had a quick go before worrying that the tree might break. Then before we knew it we were the first to arrive at camp, Hooray!

We quickly set up the tents and started some much needed hot dinner on the Trangia. After that we went and socialized with the other D of E groups and shared our experiences. We made some s'mores and tried to guess star constellations. Then it was time to get into our sleeping bags, get warm and sleep (if you could block out the noise of 13 groups of girls talking around you).

We woke to a morning call from teachers outside our tent (very weird) and much louder than the bird's morning chorus. We made breakfast and repacked our rucksacks, met our new group leader and got started. The second day was worse as the bags put pressure onto yesterday's bruises despite being lighter, having eaten all the food. Luckily for us we had the shorter walk on the second so made it to the end in what felt like not time at all, and were reunited with our phones.

The highlight of the expedition was seeing the other D of E groups arriving in the coach ready to start their first day. The contrast was hilarious. They all had perfect hair, makeup and smiling faces and walked with a bounce in their step. However we were shivering, wrapped in blankets, covered in mud, having the worst hair day. Big thank you's to our lovely group who got us through it, Mr Nodes for organising it all, the group leaders for giving up their weekend to make sure we wouldn't die and Betsy's dad who took our one and only photo from D of E. We really did have a good time and learnt a lot about teamwork and our resilience.

Charlotte and Suzanne Voyce, Year 10

A Poem for Spring

It was still light at 4:30 today
Not pitch black like it would have been a few weeks ago
But a cold, tired, dusky blue.
We watch the light fade as we cling to the warmth of our blankets
From inside our windows.
We yearn to be out in the air, out in the sun.
Swinging from trees and rolling in the grass
We miss the late sunsets and the exhilarating nights under stars.
We sit and wonder, lovingly of the days when we can run through hills
And lie in parks with only tee-shirts and shorts
Letting the grass dance between our toes
With daisies and dandelions in our hair and freckles on our noses.
We dream of the days where we can sing softly while lying on our backs
Simply not caring
But right now we're stuck waiting.
If we want to go outside we have to wear big coats, scarves, hats
But the days are getting longer again.
Spring will come
Along with baby birds
Daffodils
And hints of blue in the skies
All we have to do
Is wait
Waiting in our warm blankets
Waiting for the sun

Eva Scott, Year 10

Battlefield trip

In January, a group of students from Years 9-12 had the fantastic opportunity to travel to the World War I battlefields in Ypres, Belgium. Led by an expert historian, we visited many famous memorial sites. It was a humbling experience for us to read the different gravestones, many of which were nameless as so many soldiers who died remained unidentified.

Visiting the Hill 60 Museum, a place that was continually fought over during the war due to its high vantage point, was also incredibly eye-opening. We were able to climb into some of the pill boxes that the soldiers built into the ground and see how claustrophobic it would have felt. Our guide read us a first-hand account of a battle

from a German soldier, whilst we sat in a huge crater made by underground bombs intended to ambush whoever was occupying the hill.

On our final day, we were able to picture what life was like on the front line by walking through the restored trenches at the Sanctuary Wood Museum. It was an experience which brought everything we read in history text books and war poetry to life.

One final perk of the trip was our visit to Leonidas chocolate shop. Needless to say, the owners definitely had a great day of business and we were very full on our coach journey back through the Channel Tunnel!

Miss Fan



Gabblers

As someone who hadn't had any experience with public speaking, and would stumble over words at the store checkout, applying for Gabblers was something I would have never imagined doing. Gabblers is an after dinner speaking competition that takes place across 6 meals hosted in one of the best hotels in Bristol, and a Grand Finale with a turnout of 230 guests.

Over these 6 months, I have immensely improved my confidence, and communication skills. However, what I found most rewarding, was performing something that I was proud of, in front of my family and friends; sharing that with experience with them, at the Grand Final.

I can't wait to see which Year 11 will take my place this year! All you need is some creativity, plenty of enthusiasm and a big appetite, because after all you will be stomaching 7, three course meals. Even if you are someone like me, who stumbles over your words at the store checkout, we'll make a Gabbler out of you yet.

Jade Johnson, Year 12

Tears of Egypt

My heart races as the sound of shotguns ring through my ears,
It's happening again, I whisper to myself while my eyes are in fear.
My hands quiver as I walk through the torn streets uncomfortably,
And my spine shivers while I breathe heavily.
Could I be next? Nobody knows,
We could be talking one day,
Then the next day I'm gone.
My country cries tears of blood,
Religious hearts crumble into raw blood.
I witness the tears rolling down our faces,
Families weeping to their knees,
Touching the bodies they thought they could keep.

Coptic Churches are defeated and shattered,
But what lays on the blessed floors are faithful martyrs.
235 were killed in the Mosque in Sinai,
Dozens of gunmen opened fire as the faithful attempted to flee,
President Sisi help your country,
North-East Africa is bleeding,
How long will it take to confirm that we're healed?
Your country Sisi needs serious treating.

Leli Matta, Year 10

We're going to the zoo!

This term, Psychology students from the sixth form visited Bristol Zoo, during which students took part in an interactive talk while looking into and gaining insight about animal behaviour and animal conditioning. During this session, we encountered animals and insects like rats, snakes, stick insects and giant snails; we also learned about innate and learned behaviours and how they use knowledge of these things and apply to looking after the animals in the zoo.

After this, we were then split into groups of 2-3 people, with each group being assigned a specific animal to firstly observe and list their behaviours. As well as finding out and taking note of key information about the animal, we were to watch the animal for thirty minutes in total and tally how many times the animal exhibited the listed behaviours and then make a bar chart to show our findings. As well as conducting our own observational experiments, we also had free time to experience, explore and enjoy the zoo as a whole. Overall, it was a great, insightful day at the zoo!

Chelsea Mushongah and Leila Manson, Year 13

School Council

This year school council has changed enormously. It's my fourth year on the student council and I really feel like changes are being made. Instead of sitting and moaning about school without ever actually doing anything this year we have specific committees which we decided are the main areas that students feel passionate about improving.

The committees are: Rewards and recognition; they focus on making sure all students feel suitably rewarded and recognised in all areas of school, Teaching and Learning; this committee focuses on making sure students are getting the most they possibly can out of lessons, Student Wellbeing; they focus on making sure all the students feel happy at school and not stressed by things like homework and last but not least the inclusive community, they focus on making sure everyone feels like they belong to the school and are included in the school community.

We keep in touch by using google classroom and meeting on a regular basis. Representatives from each committee report back to Mrs Cooper on a regular basis and this way we find we are getting much more done. I am lucky to be part of the school council this year and I look forward to seeing what changes we can make in the future. New members are always welcome..

Betsy Maguire, Year 10

Restart-a-heart

In October, Year 7s were lucky enough to be taught how to perform CPR (cardiopulmonary resuscitation) by a visitor to the school. We were part of a world record attempt to teach the most school students how to restart-a-heart!

In the session, we learned how to cope with choking, unconscious people and when you need to perform CPR on someone. We realised how tiring it was to perform CPR after we tried it on

special dummies for a minute. To keep up to speed with the pushing, we listened to Stayin' Alive.

I think we would all feel more confident to help someone in need of our help after that session and it made us less frightened of certain hazards because we now know how to cope with them.

Thank you to Nicky for teaching us so well!

Charanjeet Kaur

Show me the money! Royal Mint visit

Last summer, some of us went to visit the Royal Mint coin factory in Wales as part of activities week last year. We were all really excited and thrilled to visit the place which every coin in not only the UK, but also a vast amount of other countries such as Jamaica and France were made!



Once we got there we started off the day by hanging out inside the spectacular building and taking a first glance at everything. We then were guided into a short talk by our amazing tour guide who took us through the whole experience. We were able to learn all sorts of things about how coins were made, the history of them and even had the chance to press our own new £1 coin and watch some of the dedicated workers make and sort some of the coins for both the UK and other countries all across the world. Then, we looked at some old coins from each country.

It was so marvellous to see the different coins; some of them were so beautiful. To top it all off, we were lucky enough to have our photo taken next to £1 million in crates of one pound coins! Overall, we had a great time and at the same time we learnt a lot about coins and how it changed with both society and the economy. It was a truly fascinating opportunity which we are all so grateful to have experienced!

Nimjee Joseph, 11 Parks

Infusion for Young Enterprise



Young Enterprise is a financial education charity that aims to make the connection between school work and the business in the real world. This organisation enables young people to develop the knowledge and the key skills in order to succeed post education. Every year schools across the UK enter groups of students into the Company Programme, where they run their own businesses, which allow them to have a feel of being part of and leading a successful company.

This year, our school's company is called Infusion, a social enterprise selling innovative bath bombs with original scents and a personal story behind each one. We chose to be a social enterprise in the hope that we could break down social barriers surrounding mental health, infusing and integrating into one big community where everyone feels comfortable. We want our bath bombs to symbolise an escape from the real world for a short moment of time and provide someone with comfort and relief. We want to build awareness and dissolve the stigma and allow young people to feel empowered to seek help whether it's seeking confidential free support, medical help or 'temporary escapes'.

As part of our journey in Young Enterprise, we have chosen to invest our time into learning more about mental health, specifically with the charity Off The Record, to transfer the passion and moral values into our brand and everything we do surrounding it. We don't want other young people to be impacted by the implications of bad mental health so by understanding the significance of mental health on our lives we want to reflect the importance of its awareness through our business and ethos. When a bath bomb is put into water, it disperses and becomes one with the water and in a similar way, Infusion hopes to spark the idea that society needs to unite in the face of stigmatisation of issues that affect our community.

On the 2nd of December 2017, Young Enterprise organised a trade

fair at the wonderful St Nicks Market, open to all teams taking part in the West of England Company Programme. Despite having a rough start to the day, with a fear of missing bath bombs, we were able to successfully come second place, just a few marks away from first place, and also win the award for Best Social Media. We gained a lot of incredibly positive comments from the judges, such as 'lovely customer service and approach'; 'Really nice branding and the team were very enthusiastic about the charity element'; 'Warm and friendly team; keen to engage well.'. As well as this, we received constructive criticism which will help us to improve our company further.

Our trade fair on the 24th of February 2018 in Cribbs Causeway was also a success. At the event we conversed with members of the public and encouraged conversations around the topic of mental health, as well as promoting and selling our carefully handpicked selection of bath bombs. In a similar fashion to the previous trade fair, we received some useful feedback on how to advance our business forward. We look forward to the next stage in the program, where we will have the opportunity to showcase our business in the style of Dragons Den!

For any enquiries, please email: infusion199@gmail.co.uk

Eesha Sheth

Trip to Zanzibar

We have 12 sixth form students who will be taking part in our school expedition to Africa in July 2018. The students will be travelling to Zanzibar where they will volunteer in overcrowded secondary schools and contribute to ongoing charity projects. They have had a busy term of fundraising. They are aiming to fund raise a large portion of the trip costs themselves through individual and team initiatives.

This term they have:

- Supported both sixth form open evenings, where they sold cakes and drinks and promoted our school expeditions to prospective sixth form students.
- Provided all the refreshments and food three nights in a row for this year's school performance of Hair Spray.

■ Run a large Santa Letters service for all the Primary Schools in the Trust, following a very successful presentation to all the Primary Headteachers.

Look out for the fundraising team in and around the school in the summer term!

Zanzibar update

May 2018. Staff from different Bristol schools have competed in a netball tournament to help raise money for the school's Zanzibar trip with the Sixth Form. There was a lot of enthusiasm and skill on show and the teams' entry fees were donated to the fund for the trip. Thank you in particular to Miss Cantin for organising the event.

**Mr Young and Miss Cantin
Zanzibar Expedition Trip Leaders**