

BOURNE GRAMMAR SCHOOL BULLETIN

Week ending Friday 30 November 2018

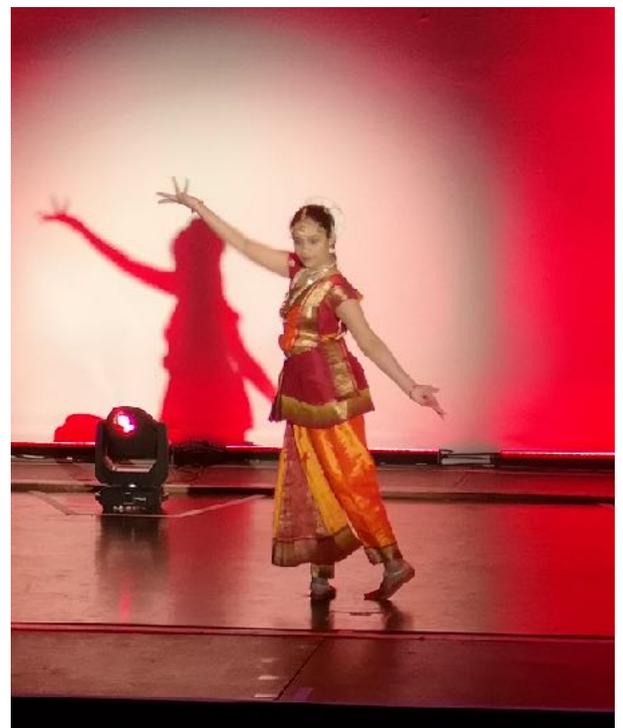
From Jonathan Maddox, Headteacher

JUNCTION DANCE SHOWCASE - Tuesday

The first *Junction* evening - an event that I very much hope will become a standing item in the School's Performing Arts calendar - was scheduled for March but it had to be abandoned due to snow. So it was with much anticipation that the inaugural event was presented this week, on Tuesday. Miss Turton had worked very hard to bring together an impressive number of students from across the School to perform in some thirty items. Ranging from our most experienced and accomplished performers with skills honed by a decade or more of hard training, to some of our youngest students we enjoyed an astonishing range of styles. There was ballet, hip-hop, contemporary, tap, Irish, Indian, street and many other *genres*, each warmly appreciated by the audience of 180.



The younger students especially were very excited as the event neared, as well they might because this - after just a few months here - was their chance to perform on the Bourne Grammar stage, to a large audience, and in many cases performing alone. It was good to see so many of our youngest students having the confidence to perform and it was clear that all dancers had worked very hard indeed to give of their very best for this special evening. Although we do not offer dance, as a pure subject, within the curriculum, very many students - both girls and boys - engage in the study of dance out of school and it is an important part of their lives. So it is fitting that we now offer an opportunity for these students to entertain us by demonstrating what they have learned and achieved. A lovely evening; I look forward very much to its successors.



ESAA CROSS-COUNTRY CUP, NATIONAL FINAL - Mr C Ray, Director of PE & Sport

With three teams securing places for the National Final, the Junior Boys, Junior Girls and Inter Boys were keen to see how they could compete on a National stage. As the final featured the top three schools from each region, we knew competition would be fierce. On Saturday 24 November, after a long winding road to Woodbridge School, we arrived under perfect cross-country conditions to inspect the course, one part of which was described as 'fell-running' by a couple of staff members.



The Junior Boys (Year 7 and 8) were first out of the pens and battled to find positions in the early part of the race. The team was led strongly throughout by Johan Coughlan (40th), who put in an impressive performance as one of our three Year 7s. Owen James (94th) and Seb Beedell (97th) switched places throughout and finished strongly. Thomas Preston (126th), Ben Simpson (144th), and Sammy Harriss (148th) ran fantastically also to leave the team placed 25th nationally. Special thanks go to Anglian Water for their sponsorship for the Junior Boys' fantastic kit.



These were then swiftly followed by the Junior Girls, possibly our strongest team of the three, who always compete amongst each other to form the scoring, top four. Erin Cox (37th) initially stretched out a lead from the rest of the team but, as the race drew to a close, as ever, runners finished very close together. Charlotte Cullen (43rd) and Aoife Glasswell (44th) competed against each other to the line, with Hannah Taylor (54th) and Norah Brill (107th) all showing fierce determination in the closing sprints to pass those around them. The Junior Girls improved on their excellent 16th place last year to finish in 12th.

The final race of the day fell to the Inter Boys who were incredibly driven from the very start, with Connor Ely and Sam Oakley beginning swiftly to leave themselves in excellent positions. As the race progressed, Sam (35th) picked off many, particularly in the closing quarter of the race, to lead the team home, with Connor (44th), who had been our lead athlete for much of the race, close behind. Harry Hewitt (76th) and Hugo Brill (112th) finished the scoring with fast-paced dashes to the line to pick up more crucial positions and the team was completed by Oliver Lee (123rd) and Max James (148th) who had recently returned from injury. An overall 18th place was perhaps as expected for a team not used to the hilly course that faced them on the day. Again, special thanks to Red Brick IT for their sponsorship of the Inter Boys team.

A special mention to the parents who came to support in large numbers and to 'The Brills' for stunning flapjack for the way home and the black and red bobble-hats for all members of the team and staff.

To date this year, Cross-Country remains very strong at the School, and all teams are in a good position for the resumption of the Prosser Dairies Fenland League in March. Additionally, almost 50 students were selected to compete at County Championships on 19 January - well done to all.



YEAR 13 SPORTS STUDIES TRIP TO LINCOLN UNIVERSITY - Report by Phoebe Martin (Year 13)

On Wednesday 28 November, the Year 13 A-Level Sports Studies class visited Lincoln University, for a 'Biomechanics and Exercise Physiology' workshop. Here, we engaged in numerous activities, led by current Lincoln University Sports Science students and lecturers. These activities included using high-speed cameras which can film at 420 frames per second - we used this to analyse the kinematics of a standing broad jump, via 'Quintic' performance analysis software.



We also worked with high-tech force-plates, which allowed us to find the specific values for the forces produced whilst an athlete participated in a jump. These forces varied from the



anterior posterior, medial lateral and vertical reaction. Finally, Luke Dudley volunteered to partake in a Wingate Test of anaerobic leg power and anaerobic capacity, conducted over 30 seconds. This enabled us to establish his peak power (W), fatigue index, and anaerobic glycolytic/ATP-PC capacity, in order to compare these results to the general population. Doing this test caused a build-up of lactic acid in his legs, leading to pain, soreness and early fatigue in his performance.

Overall, this was a very insightful trip for us all, which allowed us to obtain a greater degree of knowledge in the A-Level PE specification. This also helped us to visualise the technological aspects behind the various elements of the course, aiding our performance in the upcoming examinations.

POPPY APPEAL

This year, on the centenary of the ending of the Great War, the school raised £398 for the Poppy Appeal. This is the most that the School has ever raised for this important charity - thank you to everyone who helped to sell poppies and to every student who bought one.

FORTHCOMING EVENTS

Christmas Concert - Thursday 13 December

Tickets are now on sale for our annual Christmas Concert, priced at £6 for adults and £4 for concessions which includes a glass of mulled wine and a mince pie after the performance. Tickets are available to purchase via the School website or <https://www.ticketsource.co.uk/date/576308>.

Sixth Form Play - *The Tempest*

Performance dates are Thursday 6 - Saturday 8 December - tickets (£7 for adults, £5 for concessions) are available via the School website or <https://www.ticketsource.co.uk/event/276800>.



STUDENTS OF THE WEEK

Name	Year	Staff	Subject
Jack Knowles	7	Mrs Woolf	Science
Shaan Damani	7	Dr Barmby	History
Grace Goodchild	7	Miss Bradley	PE
Efe Halilov	8	Miss Smithson	Registration
Erin Holden	8	Miss Smithson	Registration
Ben Simpson	8	Mr Delport	Design Engineering
Will Walker	8	Miss Creedon	Spanish
Anabele Achandy	8	Mrs Clark	Spanish
Maddy Gamble	8	Mr Bainbridge	History
Cieran Cuthbert	9	Miss Segarra Ginés	Spanish
Catherine Arkwright	9	Mr Hewitt	German
Lily Brear	9	Mr Bainbridge	History
Daisy O'Rawe	9	Mr Dougall	Design Engineering
Tilly Manning	9	Mrs Worrall	Spanish
Freshtah Nabizadah	10	Miss Smallshaw	Chemistry
Noah Tarabad	10	Mr Mitchell	Physics
Olivia Thompson	10	Mrs Somerville	Art
Ryan Collin	11	Miss Doerpinghaus	German
Emily Davis	11	Mr Sean Tighe	EPR
Martha Sinfield	11	Miss McDonnell	Mathematics
Nick Henderson	11	Mr Sheppard	Statistics
Izzy Pearson	12	Mr Adamson	Further Mathematics
Harriet Laugharne	12	Mr Brown	Design Engineering
Sharmin Rahman	12	Mr Mitchell	Law
William Boothman	13	Mr Mitchell	Law
Asfand Memon	13	Mr Mitchell	Law



INDIVIDUAL ACHIEVEMENTS

Kickboxing Lorena Ismail (Year 7) has won three English Kickboxing titles in the last three weeks. She became a double English champion at the I.S.K.A. English Championships on Sunday 11 November and qualified for a place on Team England at the I.S.K.A. World Championships in Ireland in 2019. She was also successful at the W.K.U. English Championships and won the English Champion title-belt, and has been selected to fight at the W.K.U. World Championships in Austria.

