

INTOUCH

ST. AIDAN'S CHURCH OF ENGLAND HIGH SCHOOL

NO.16 - MARCH 2022



It is always wonderful to see the many brilliant ways in which the St Aidan's community shines - big and small, on show or behind the scenes, serving others and using our talents. In times of need and in need of determination, our staff and students excel in all that they do, and this edition of InTouch shows many of the actions that are taken week by week. We hope that you will enjoy reading these good news stories, remembering that there are many others you may also know about - well done everyone! - and in the hope that you will be inspired to follow their example in working hard to be kind and to learn well together. Many blessings.

Wellbeing advice from the ILC

Outside the ILC, you will see our display focused on 'Reframing Your Thoughts'. Having negative thoughts is something that everybody experiences in their life, but how we react and respond to them is the most important thing. Reframing our thoughts is when you notice unhelpful thoughts in your mind and change them into more useful thoughts. The ILC have been putting extra emphasis on how to reframe your negative thoughts into positive ones! Our new display gives some examples of common negative thoughts with how we can try and combat them ourselves:

"I am so fed up" becomes "I can control my own happiness"

"I cannot do this" becomes "I can do hard things"

"I am overwhelmed" becomes "All I can do is all I can do, and that is enough"

It is important to validate our negative emotions, but more important to react positively so we can all learn to control and live with our emotions. This is what the ILC are trying to encourage! Hopefully everyone who walks past will have a think about how they frame their own thoughts...

We are also introducing a 'Wellbeing Tip of the Week' which will be on a rotating smaller display in the ILC. This week, it is breathing techniques and how they are helpful to help us control ourselves when we are feeling overwhelmed or worried.

A reminder to all our staff and students that we also have a Wellbeing Team available which is available to all staff and students and has many useful resources

Lena competes at Crufts

Year 7 student Lena Tate competed in three Young Kennel Club classes this month at Crufts.

She was second in the YKC 6-11 Utility and Toy Handling with a Shih Tau called Otis; shortlisted to the last 8 of 19 in the YKC AV Utility Stakes with Violet her Miniature Poodle, and second in the YKC 6-11 Crossbreed Competition with Stella who is a Cavapoo.

She only started learning the basics in Dog Show Handling last August so she's made huge progress in a very short time. She won the Junior Handling Association Utility Breed Semi Final for 6-11 year olds in December.

She's also a very keen groomer of her own two dogs, Stella and Violet. She's met and been encouraged by former St Aidan's pupil Verity Hardcastle who presented Pooch Perfect and is now on Channel 4's Packed Lunch regularly.



Amnesty News



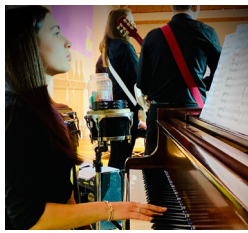
The Amnesty group is delighted to hear that two prisoners they have been campaigning for over the years have been released.

Raif Badawi was released from a Saudi prison on the 11th of March. He is a poet and activist who served a 10-year sentence for advocating an end to religious influence on public life. He was publicly flogged 50 times at the start of his sentence. It is still unclear if Raif will be subject to a travel ban. The Amnesty group have written for Raif and sent messages of support to his family who now live in Canada.

Nazanin Zaghari-Ratcliffe was detained in Iran in 2016 having been found guilty of plotting to topple the Iranian government. The Amnesty group also have written for Nazanin over the past six years. She was released from prison on 17th of March and has returned to her husband and daughter in London.

The Amnesty International group at St Aidan's has been running for over twenty years. Amnesty campaigns for prisoners of conscience, people who have been imprisoned or mistreated for peacefully expressing their views. Amnesty reports that over half the people they campaign for experience an improvement in their conditions in prison immediately. Thanks to our Year 12 Amnesty members who delivered an educational assembly to Year 11 this month. Pupils from all year groups are welcome to join; it meets on Wednesdays in DL1 at 12.30.

Jazz Night 2022



The much anticipated, hugely successful Jazz Evening returned on the 17th February this year. Featuring some of St Aidan's most popular jazz ensembles, the Swing Band, directed by Mrs Elliott and SAJE (the junior swing band) directed by Mr Ives and 6th form students, performed to a packed Constance Green Hall.

The audience were treated to some swinging sounds to start the concert, with the Swing Band in full flow with their rendition of 'September'. This was followed by a feature for the award winning trumpet section called 'Backrow Politics'.

SAJE concluded the first half with a set of 5 pieces including 'The Incredibles'. Aply directed and rehearsed by 6th form members of the swing band, the band were on top form.

A new and up and coming Y11 and Y12 band started the second half. The 'Three Strikes' played arrangements of 'Mr Magic,' 'Isn't she Lovely' and 'Sticks'. After which the swing band swung back into action with a solo feature for the award winning Ewan Reid on alto sax, 'Body and Soul' and finishing with the bands favourite, 'Fowl Play'. Swing band and SAJE then joined forces to end the evening with their favourite audience participation number 'Tequila'! Congratulations to all the students who have given so much time and commitment to the bands this year.

Great North Jazz Festival



St Aidan's Swing band competed in the School's Section of the Great North Big Band and Jazz Festival on Sunday 6 March in Chester le Street, County Durham. Up against stiff opposition, they managed to scoop several awards. Best Section was awarded to the trumpet section, Best Soloist to Ewan Reid for his sax solo and a Special Adjudicator award to Peter Abeyawardene for his soloing in the band. Congratulations also to Harrogate Youth Jazz Orchestra who competed in the Youth Section. Made up of many pupils from St Aidan's, they also gained two awards.

Careers Evening returns!

We were extremely excited to host an in-person Careers Evening; the first one at St. Aidan's since 2019!

Over 40 exhibitors offered invaluable advice and information on diverse and exciting careers opportunities across a number of occupational sectors, including Science, Humanities, Arts, Healthcare, Engineering and many more. Constance Green was buzzing with parents and students from Years 9-13 who queued at the great variety of stands. Local and national employers and apprenticeship providers included: Clevershot, FW Solutions, Berwins Solicitors, Bettys and Taylors and Marketing Adventures, and universities from as far afield as Dundee plus those nearer to home such as Leeds were also in attendance. We were also delighted to welcome representatives from local colleges such as Harrogate, York and Leeds City to provide information on their course offerings. Thanks to Zawadi who were on hand to provide refreshments for visitors. We have had some fantastic feedback from many of the professionals saying what a pleasure it was to meet such enthusiastic students full of ideas and excitement for their future.



National Offer Day!

Following National Offer Day on the 1st March we are delighted to extend a very warm welcome to those current Year 6 pupils who will be starting with us in Year 7 in September. We are excited to meet them all during our Summer transition programme and will be in touch during the coming weeks.

Battle of the Books



On 9th March, St Aidan's had the honour of hosting the long awaited Battle of the Books 2022. Tim Pocock (former St Aidan's English teacher and MBE) was the quizmaster, posing the questions to the teams of year 9s and 10s that included Harrogate Ladies' College; Harrogate Grammar; Ripon Grammar; St John Fisher; Outwood Academy Easingwold; Queen Mary's School, Topcliffe; John Smeaton, Leeds; King James's and, of course, St Aidan's. There was fierce competition to win the cup, with 6 rounds of questions including a picture round. This year was a particularly close competition, but St Aidan's B were the victors and held the Battle of the Books cup aloft! The team members were Emily Holroyd, Sophie Holt, Ella Swift and Thomas Taylor. A second team, comprising Zoe Adamson, Amelia Dickie, Jake Comer and Alfie Farrington, came fourth. As the winning school, we look forward to hosting again next year.

Joint Winners for the Interform Pizza Competition

With four Year 8 students hand-picked to enter from each form, menus were carefully planned and submitted. On the day, the young chefs gathered in DT6 & DT7 for the final 'Cook-Off'. The room was filled with excitement and creativity as they put their heart and soul into their creations. The judges, highly respected Chef Consultant Steph Moon and former St. Aidan's student Ollie Wenn, were very impressed with what they saw and tasted.

Ollie, who won the very first Interform Pizza Competition in 2018 (judged by Steph) is now an Apprentice Chef at Ridding Park's Horto restaurant and feels he owes a lot of his success to taking part in the competition. It was meeting Steph that led to work experience at Ridding Park and he was then offered a position. As Ollie inspected the work of Year 8, he offered help along the way and despite his work in a restaurant that offers 'Fine Dining', he revealed that his favourite things to make are still Fajitas and Pizzas! Steph was delighted to be back judging the competition, praising all involved: "I find the children here at St. Aidan's are always so excited to be cooking, which is thrilling. Their flair, creativity and attention to detail are fantastic and they are so well supported by their tutors."

The joint winners were 8D for the best presentation and 8Y for the best taste. 8C were runners up for fabulous taste and presentation. According to the judges, the standard was "outstanding" this year and it was exceptionally hard to choose any winners at all so well done to everyone for taking part!

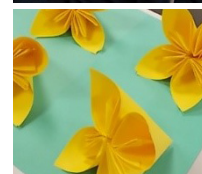
Author Visits School



On Tuesday 1 March Year 7 and a small group of Year 8 students were treated to an inspirational talk from Children's and Young Adult's fiction author Bali Rai. Rai and the students discussed many topics including the benefits of regular reading; higher self-esteem, confidence and a feeling of happiness and fulfilment. He jokily divided the room into those with slug brains and zombie brains, comparing fixed and growth mindsets and going onto explain how much can be achieved by nurturing the latter. Thank you Bali!

St David's Day

During Lifeskills Challenge, the Foundation Learning Group have been studying Welsh Culture. Starting with celebrations for St. David's Day, where leeks and daffodils were crafted and then worn, students then listened to the Welsh National Anthem and waved the Welsh flag and enjoyed a celebratory meal of leek soup and Welsh cakes!



Physics Olympiad



On Friday 4th March, sixteen Y12 students from across the Association sat the Senior Physics Challenge Paper, set by the BPhO in association with the University of Oxford.

Nationally, this paper is aimed at the country's top Physics students in order to stretch and challenge their ability to solve more complex problems using their A level knowledge.

We are immensely proud of all the young people who took part and enjoy the weekly workshops with Mr Park and Mrs Watson.

Congratulations go to:

Commendation: Rohan Turner, Hannah Regnier, Raoul Van Lopek, Emma O'Brien, Kareem Abdelsabour

Bronze: Alex Hewson, Harry Carr, Nikhil Prabhu, Therese Tolan, Finlay Robinson, Will Renny, Amogh Simhadri, Sasha Currie, Sally King, Jacob Went

Special congratulations go to Sam Parkinson Montesinos who achieved a silver award - something that only 10% of all entrants nationally manage to achieve.

Chemistry Olympiad



The Chemistry Olympiad is an international competition run by the Royal Society of Chemistry. 8668 students entered the UK competition this year. Round 1 of the competition is a 2 hour paper based examination. The questions posed often stimulate much debate on, and enthusiasm for, chemistry - raising awareness of what the subject is all about. Tackling the Round 1 paper also provides a good opportunity to develop some of the skills required for study at university and beyond.

This year students prepared well, and the six who took part managed to achieve three bronze awards, one silver award and two gold awards between them. Any particularly high achieving students called to round two are considered for representing the UK Team at the International Chemistry Olympiad final, to be held in China between 10-20 July. Students who took part: Thomas Adamson, Benjamin Handley, Malachy Stockdale, Ben Devine, Isobel Davies and Samuth De Silva.

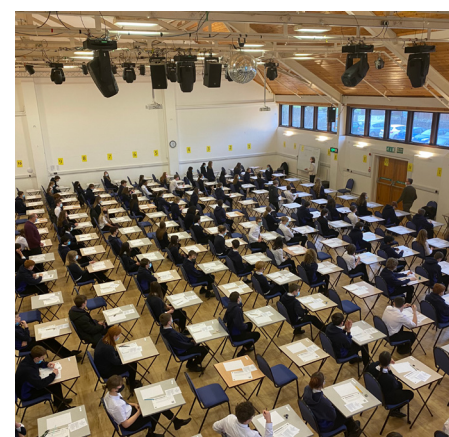
Intermediate Maths Challenge

We are delighted to announce our results from the Intermediate Maths Challenge, which was held in February with 211 students from years 9,10 and 11 entering. A fantastic level of entry.

Overall an amazing 57% of entries were successful in achieving a certificate, with 32% achieving BRONZE, 20% SILVER and 5% GOLD. This is compared to a national figure of 50%. Bronze certificates are awarded to pupils who achieved in the top 25% of entries, Silver the top 17% and Gold the top 8%.

18 pupils also qualified to go onto the next round - 8 pupils from Year 9, 4 from Year 10 and 6 from Year 11. This puts them in the top 8000 pupils nationally and is a great achievement. The follow-on rounds are to be held on Thursday 17th March.

Many congratulations to all, especially after such a tough couple of years.



Equestrian Team News

Year 9 student Felicity Morris, seen here on her pony Molly, represented the school in an Arena Eventing competition on Sunday 27th February at Northallerton Equestrian Centre. It was a mix of show jumps and cross country jumps in an arena. Although she didn't get placed she was still pleased with her round and she rode very positively and is clearly making good progress with this pony. Year 11 students Ambur Ashcroft, Jess Peeters and Connie Murray rode in the 80cms Arena Eventing course at Northallerton for school. They didn't get placed but they all rode well over a very challenging course and gained valuable experience.



Celebrating Aaron's Hockey Success!



Congratulations to Year 9 student Aaron Brompton who has been selected to play at the prestigious England Hockey Performance Centre Under 15s. Aaron has played as striker for Harrogate Hockey Club since the age of 9. He has contributed to many significant wins for the team over the years and has been top goal scorer for his age group each year since 2018. He has also played county hockey for North Yorkshire since 2018 and in the last tournament he played he scored 23 goals in 4 matches! Selected for the regional North East of England 3 years ago they went on to come 3rd for Great Britain in the Sardinia Cup in 2019. It is no surprise that Kuka Hockey have continued to sponsor Aaron for the last 3 years. The England Hockey Performance Centre aims to develop players for selection into the England Age Group Squads. As a young child, Aaron's dream was to play hockey for England in the Olympics and he is edging towards making that dream a reality!

Woodhouse Grove Football



Boys football teams from Years 7-10 travelled to Woodhouse Grove School in Apperley Bridge on Saturday 12 March and played some tough matches. With two wins, a last minute draw and a narrow loss, the boys represented St. Aidan's brilliantly - enjoying a post-match lunch courtesy of Woodhouse Grove.

Under 12 Netball



Congratulations to our Under 12 A and B teams who were both winners of their Area Tournaments played at Ashville on Monday 21 March! Thanks to Miss Luty and Miss Ramsey for all your hard work.

Under 15 Netball

The Under 15 Netball A team won the Under 15 Area Tournament at Ashville College at the start of the month. The B team came 3rd which is also a fabulous achievement! Well done to all the girls who played and to Miss Wadhams for the support and encouragement you give the team!



National Squash Final!



St. Aidan's Key Stage 3 Boys team reached the last 8 in the country leading to a place in the national finals. Thomas Taylor, James Townley, Adam Smith, Archie King and Tommy Simpson represented St Aidan's. In the first round against Millfield the boys won 3-2 getting us to the semi-finals against Kings School, Taunton where an impressive display meant everyone won their match. With a 5-0 overall win, we competed in the final against pre-tournament favourite Epsom with some of the strongest players in the country! Great matches were played and the boys narrowly missed out on 1st place, losing 3-2. An amazing achievement - well done!

Basketball News



Well done to the Under 17s Basketball team which includes students from Year 10-Year 12. Earlier this month, they beat John Leggott College 85-45 winning a place in the quarter finals of the Dynamik National Schools Cup! We are very proud of you all and look forward to seeing how you get on.

Cricket Champions



Congratulations to the Under 13s Girls Indoor Cricket team who returned as Champions from a tournament at Northallerton Leisure Centre on March 1st!

Yorkshire Union Schools Golf

13 entered the Yorkshire Union Schools Golf competition at Ripon Golf Club on 22nd May. Some excellent golf was played and we were lucky with the weather conditions. The Year 10 team consisting of Archie Stoner, Will Jones and Will Wragg finished 4th and qualified for the next round with a Stableford score of 68 points. Evie Cooke also qualified winning for the U19s! Well done to all who competed!



Cross Country



There were 10 of our cross country athletes competing for N Yorkshire at the English Schools' Championships - the last big race of the year: Eve Whitaker, Kaelin McCooke, Seren Melling, Sam Skaife-Clark, Luke Shacklock, Elena Dickson, Niamh Robinson, Ben Graham and Arran Robson. Especially well done to Eve who finished 16th, following on from her recent winning of the Yorkshire fell running championships. Eve, Sam, Elena and Alfie Charlton also represented the Yorkshire cross country team at the UK intercounties earlier in March. A brilliant season for all the teams this year, and a joy to be involved with.

Save the Date!!! Event to Launch the brand new 3G pitch July 9 2022!



Upcoming dates for your diary

2nd April	St. Aidan's Chamber Choir 30th Anniversary Concert	25th April	Students return from Easter break.
9th April	School closed for Easter	27th April	Year 12 Mock Exams



We hope you have enjoyed this edition of **INTOUCH**.

Thank you for your feedback so far; please do send any further comments or suggestions to Kate Caine (k.caine@staidans.co.uk)