

## WELLBEING WEEK RETURNS

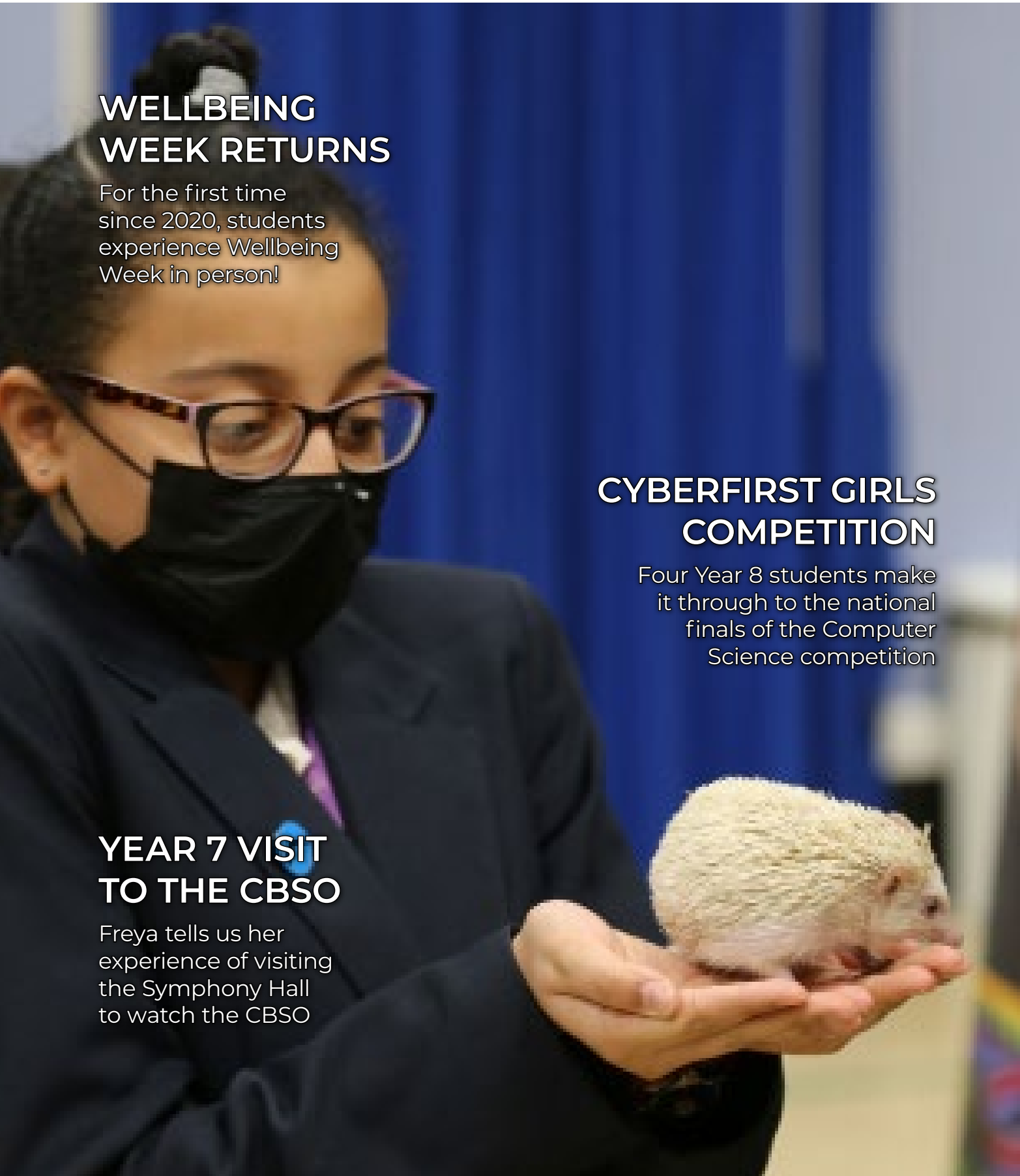
For the first time  
since 2020, students  
experience Wellbeing  
Week in person!

## CYBERFIRST GIRLS COMPETITION

Four Year 8 students make  
it through to the national  
finals of the Computer  
Science competition

## YEAR 7 VISIT TO THE CBSO

Freya tells us her  
experience of visiting  
the Symphony Hall  
to watch the CBSO





A message from the

# Headteacher

*Dr. Barbara Minards*

Welcome to our first newsletter of 2022! Although we started the new year with lots of questions about how Covid-19 would continue to affect school life, over the last six weeks we have seen a steady return to more normal ways of working. We are grateful to have moved from the sports hall being used for students taking a Lateral Flow Device test on their first day to it being the venue for a whole school charity event.

It has been a really busy half term which has seen many extra-curricular events take place and the welcome return of School trips. Year 7 went to Symphony Hall to see a concert by the CBSO, and the written account from one of the students, Freya, is included in this edition. We are also looking ahead, a ski trip taking place next February half term to Artesina in Italy has just been launched with our current Year 9 students.

This half term has seen notable sporting successes for teams and individuals; the Under 14 and Under 19 netball squads competed at the regional finals, students in all age groups raced in the West Midlands schools' cross country championships. In addition to individual successes with a Year 11 student selected for the U17 England netball team and a Year 10 student selected for the English Schools cross country team, there are high levels of participation in a range of activities in school including badminton, football and handball. The evening of

dance took place this week with a mixture of solo, paired and group performances that showcased a wide variety of styles. It was lovely to see students display their talents and creativity, their performances were recorded and a link shared with parents and carers.

At the start of the half term Year 11 students had a Sixth Form taster day which included sampling A-level lessons and finding out about the wider sixth form offer which includes super-curricular links, leadership opportunities, wellbeing activities, careers and applications advice. The school calendar is continuing to fill with extra-curricular clubs for students in all year groups. It was great to see wellbeing week return in person for the first time in two years, with students and staff enjoying a wide range of different activities.

The popular house charity days returned with Pegasus and Ursa holding lunchtime events which raised significant amounts for their nominated charities 'Action Aid' and 'Rethink Mental Illness'. Pegasus organised a staff bleep test with students paying to watch staff be put through their paces. Ursa held a fair which saw students organise a variety of stalls in the hall. These ranged from games such as teacher hoopla, tin can alley and name the bear to a raffle and the ever-popular food stalls with samosas, sweets, cakes and mocktails.

The preparations are continuing

for the school musical, 'Matilda' which will be staged next month. Having heard the amazing singing during the after-school rehearsals, I am really looking forward to the performances. After the disruption of the past two years it has been fantastic to see so many students from across the year groups getting involved in both the charity events and the school production. The anticipation and the enjoyment of these occasions really add to the positive atmosphere within our school community.

Please enjoy reading more about what has been happening at Sutton Girls this half term. If you would like to get involved and support the School Charity, please see the link at the end of this newsletter. I hope you and your families have a lovely half term holiday.

*Dr Minards*



*Congratulations to the students who secured 1st and 2nd place in the Year 9/10 Sutton Schools' Handball Tournament this week.*



# Evening of Dance returns for 2022

Mr S. Hall  
*Marketing Assistant*

After school on Wednesday 16th February, 25 students took part in our first Evening of Dance for two years! While we couldn't welcome families into school this time, we are proud to share with you the recorded performances from the evening.

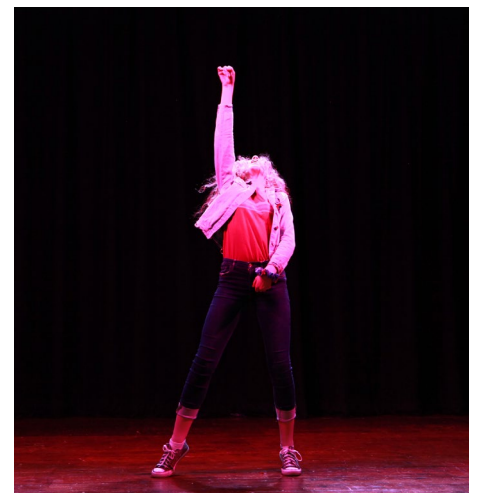
Well done to all the students who performed on Wednesday night, they were Richa, Sharanya, Nishika, Francesca, Olivia, Emily, Shriya, Ella, Tamsyn-Grace, Nonofo, Amy, Eloise, Arabella, Sophie, Keira, Georgina, Millie, Freya, Emily, Karenna, Ophelia and Olivia.

A special thank you to Mrs Tunstall

and Miss Hampson for organising this wonderful evening of talent and to Sixth Form students Lily-May, Francesca, Nur, and Issy for their technical support.

You can view the virtual Evening of Dance here on our Vimeo page:

<https://vimeo.com/678820246>







# Wellbeing Week 2022

Mrs M. Lucas  
*Assistant Headteacher*

For the first time since 2020, students have the opportunity to **be mindful, try something new, give to others, have fun** and **get active** as Wellbeing Week returned!

Wellbeing Week is always a much-anticipated time in the school calendar as it gives students a series of fantastic

opportunities, and after two years of disruptions from the coronavirus pandemic, it's safe to say our students were ecstatic!

We held a variety of different off-timetable activities during the day, ranging from 'Singing for Wellbeing' with Ms Stamoulis and visits from regulars Kaya Drumming, Animal Man and Circus Skills classes, plus Sixth Form-lead workshops like

Calligraphy, 'Just Dance' and a very special Cultural Crafts afternoon planned by the Respect Team prefects.

We would like to say a big thank you to all the students who helped arrange and manage the lunchtime activities and to all members of staff involved, as well as those who took place in the charity Bleep Test for Pegasus!









# A Day in the Life

Student Ambassador, Issy, was part of the team that helped organise this year's Wellbeing Week...



This year, school's annual Wellbeing Week returned in full force; held across the last week of January, the week saw students participating in a wide variety of events from calligraphy, to football, and even a visit from the Animal Man! As Student Ambassador for Positivity and Resilience, myself and my team played a key role in the planning behind wellbeing week, helping to put together a series of lunch time opportunities. A highlight for me however, was Wednesday's Cultural Craft event.

Working with the Respect team we chose to set aside Wednesday as the school's first Celebration of Culture Day. Our lunchtime craft event offered students an opportunity to learn about



and try their hand at a variety of traditional crafts originating from cultures around the world, these included: Rangoli patterns, Origami, Henna designs, Aboriginal dot painting and Greek Pottery making. Having organised a variety of wellbeing activities in school before, including last term's popular Christmas themed craft event; I am always astounded by the levels of enthusiasm shown by students. Yet again, I was not disappointed. At 12:45 it seemed an army of excited students had descended on the hall, and I, along with the other prefects at the event sprung into action.

I remember watching the large Rangoli pattern template we had set out on the floor getting filled in with the coloured rice myself and my friends had made the week before, my own hands covered

in clay, having to set up extra tables to accommodate as many people as possible at the craft sessions, and Dr. Minards telling me about the crowd gathering outside the hall door. By the end of lunchtime the hall seemed considerably more colourful than it had before, and as the last few students left I prepared for the messy task of tidying up.

I always feel an immense sense of satisfaction and happiness following events like these; a factor I consider one of the very best things about my role. Seeing the laughter and smiling faces at the cultural craft event gave me that same joy, while reminding me of the importance of caring for our wellbeing, along with just how powerful and necessary it is to take the time to educate ourselves about the cultures of others.



# Year 8 students in CyberFirst Girls Competition finals!

by Eaden in Year 8

Around 3 months ago, the four of us decided to take part in the CyberFirst Girls Competition, despite our fears that it would be 'way too hard.' For the

following week, we spent most of our free time solving a variety of computing challenges, including cryptography, logic and cybersecurity. We had no idea that in a few months time, we'd be competing in the final.

Back then, even qualifying seemed almost impossible. But as we worked together, problem by problem, we discovered an enjoyment of working together to find solutions, and the sense of achievement we had when we realised just how well we did.

By the time the final came around, we had gained much more confidence in our abilities. We knew we were competing against the best teams in our country, and just to have that opportunity was incredible.

After a day of very intense problem solving and some very delicious snacks, we felt lucky just to have had the experience. When we discovered we had come 4th, we knew we had a lot to be proud of.



## Félicitations! Year 7 National French Spelling Bee competition

Mrs A. Harradence  
*MFL Department*

Congratulations go to 12 of our Year 7 students who have been battling it out to see who is the top French speller! The following students were successful in Round 1 of the National French Spelling Bee Competition, run by Routes into Languages, which took place at the end of the Autumn Term.

Rebecca, Tania, Evie, Ava, Emily, Anjana, Sara, Freya, Anna, Sibil, Karandeep and Charlotte.



Competitors are required to translate and spell words correctly in French, all in timed

conditions. It's definitely a challenging task!



# Year 7 visit Symphony Hall

Mr C. Collet  
*Head of Music*

On Wednesday 9th February the whole of Year 7 as well as the A-Level Music group travelled to Symphony Hall in Birmingham to enjoy an hour long concert given by the City of Birmingham Symphony Orchestra as part of the Year 7 Music course. The concert was presented by BBC Radio's Tom Redmond and featured a range of pieces to showcase the different sections of the orchestra. It was so good to be able to hear live music again in a concert hall after the restrictions of the last two years.

## Freya in 7JLU writes...

"I really enjoyed the experience of visiting the Symphony Hall to watch the CBSO. The pieces at the concert, (especially Vltava by Smetana) were very emotive: I could hear the twinkling pizzicato of the upper strings, the brilliant crescendo as the river travelled through mountains and eventually reached the ocean where the percussion joined in and added to the stormy effect.

I also really enjoyed the Juba Dance with its repetitive, joyful tune and the Infernal Dance with the threatening fire achieved through a strong percussion



crescendo. *Dawn and Storm* by Benjamin Britten evoked the idea of a gently swelling sea which included changes in dynamics and pitch to create the beautiful highs and lows of the dancing waves.

I will remember the experience of the Symphony Hall concert as I really enjoyed it and the music was fantastic. The CBSO are a phenomenal orchestra and it was great to watch them perform live!"

# Year 7 English Literature - Corum Boy

by Chiara in Year 7

Recently in our English classes with Ms Campbell we have been studying *The Coram Boy* by Jamila Gavin. It is a captivating story that explores the complexities of life for people in the 1800s and shows how love can triumph over hatred.

In one of our lessons we examined the main characters, in particular Alexander, the unwilling heir to Ashbrook estate

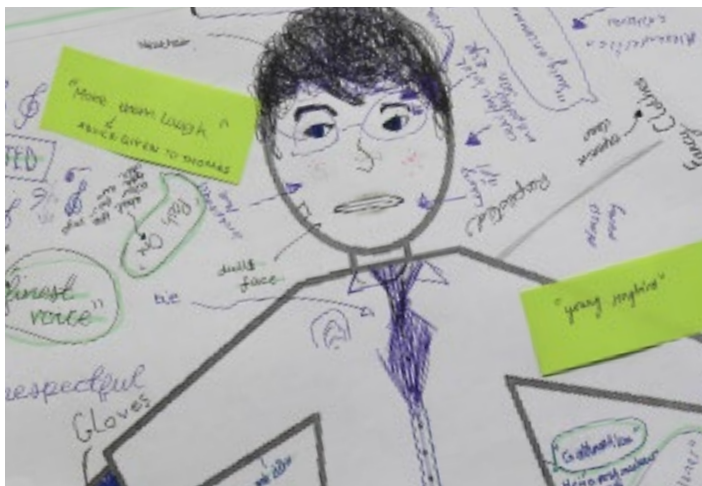
and aspiring musician. After inspecting extracts from the book, we discussed ideas before writing a brief diary entry from Alexander's perspective. This was based on how he (usually introverted and uninvolved) thought and felt as he advised new boy Thomas on dealing with the relentless bullying from the other boys.

Next in small groups, we were assigned a character, who we then analysed in terms of quotes,

descriptions and the manner  
other characters viewed them in.

We were then given a blank outline of a person on a piece of paper which we then annotated with these ideas, whilst jazzing our sheet up with highlighters and coloured pens. Afterwards, we presented our findings to the class, explaining what everything we had written down.

From what we have covered so far, I am really enjoying this topic and can't wait to learn more!





# West Midlands Schools Cross Country championships



Mrs K. Tunstall  
*P.E. Department*

Well done to everyone who competed in the West Midlands Schools Cross Country championships on Saturday 22nd January.

It was tough and fast course and we are delighted to say that Francesca came 5th overall and

has qualified to represent the West Midlands Team at the finals. Olivia and Lucy also finished in the top 8 and we await to hear if they have been selected for the next event.

Year 10 student Olivia added "We travelled to Warley Woods for the West Midlands cross country championships. We had representation from the school

in all of the age categories from Year 7 right up to Year 13!

The weather was bitterly cold, and the course was tough. Everyone raced really well and Lucy and Francesca both secured automatic qualification to the English schools' event in Kent in their respective age categories.

Well done everyone!"

## PE teacher selected to represent Wales for Squash internationals



Miss C. Flannery  
*Deputy Headteacher*

Mrs Hampson has been selected to represent Wales at squash in the home internationals in May this year, for both the over 45's and over 50's teams.

Having previously been selected before lockdown two years ago, she is really excited and happy

to be re-selected for both teams.

She has also been selected to play for the South Wales 'B' full age group team, which is a great privilege too, as well as the over 50's South Wales team in the inter-county tournaments, which are coming up very soon in February and March this year.

We wish her all the best!



## Year 7 Team

*3<sup>rd</sup> overall*

Anna 7 ASH

Elesha 7 GBU

Emily 7GBU

Megan 7ASB

Olivia 7CCH

Yasmin 7ASB

### Anna in Year 7

I really enjoyed playing for my school in athletics and it was a great experience! I even saw my best friend from primary school, and it was great to see her again.

Mainly, it has helped me see my strengths and weaknesses in subjects like this. I would do it again and recommend it to

anyone. It doesn't matter we didn't win because we still did amazing and got 3rd! It felt so exhilarating when it was you called up to run and all that was on your mind was enjoy it. I really did!

Thank you to the PE teachers and well done to all of the Year 7 and 8 athletics team!

# Students represent Sutton Girls at the Sutton Schools Athletics Championship

## Year 8 Team

*4<sup>th</sup> overall*

Aria 8JPK

Eloise 8SML

Eve 8AHU

Kaitlyn 8RMC

Layla 8RMC

Tamsin 8RMC

Kalina 8RMC



### Tamsin in Year 8

On evening of Thursday 10th February we took part in an athletics competition against other schools at Arthur Terry.

It was our first competition as a team so it was a very new experience to us all! First we did the track events, before moving on to the jumping; I think my favourite part was the track

events as we could cheer each other on from the side lines. We had a team of 7 people: Aria, Kaitlyn, Kalina, Layla, Eve, Eloise and me.

We all really enjoyed having the opportunity to take part in an event like this, and are also extremely grateful to Miss Tunstall and Miss Hampton for taking us all there. We can't wait to compete again!



# U14s Netball fight hard in Birmingham regional final

by Sasha in Year 9  
*U14s Team Captain*

On Sunday 30th January, the U14s and U19s netball teams went to Phoenix Collegiate to represent Birmingham in the regional finals.

The U14s had some hiccups during the initial stages of the tournament. After winning their first match, they went on to play Solihull, which they lost to.

Unfortunately, we went on to lose once again to the next team. After having a lengthy break to reenergise and recompose themselves, they once again had the last few games to which they won with great success; these were played against King's School Worcester, Newport Girls High School and Lucton School. However, they narrowly lost out on 3rd place by a single point. Nevertheless, all girls played tremendously and worked incredibly hard.



## U19s team make it to the West Midlands Regional finals!

Francesca in Year 13  
*U19s Team Captain*

Following on from our Birmingham County Competition win in October, the Sutton Girls Under 19 netball team played in the West Midlands Regional Netball finals on Sunday 30th January.

Throughout the day, we played 6 matches against schools from around the Midlands and started the day with a strong win over Queen Mary's Walsall. Further wins against Thomas Alleyne's, RGS Worcester and Hereford, and narrow losses to Kings Warwick and Thomas Telford School meant we placed third in our group overall. This meant that unfortunately, we

just missed out on reaching the semi-finals!

Despite this, everyone played brilliantly, and we had an amazing day. Thank you to everyone who came along to support and of course Miss Flannery for being our brilliant coach!

Miss Flannery added "we are incredibly proud of not only their level of play, but also their incredible commitment to each other, netball and our school.

Massive thanks as well to all the many staff and parents who came along to support them on the day. Both teams represented themselves and our school with real pride, positivity, passion and commitment, narrowly missing out on a spot in the semi-finals, and all having a fantastic day."

*If you would like to find out how you could help us continue to develop the educational experiences of students at Sutton Girls, please see this link to the [Charity Update](#).*

You can look forward to our next newsletter at the end of Spring 2 in April 2022.  
In the meantime, keep up to date by following us on:

[facebook.com/suttcold](https://facebook.com/suttcold) or [twitter.com/suttcold](https://twitter.com/suttcold)



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