

AT A GLANCE

WETHERBY HIGH SCHOOL



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WHS TALENT SHOW

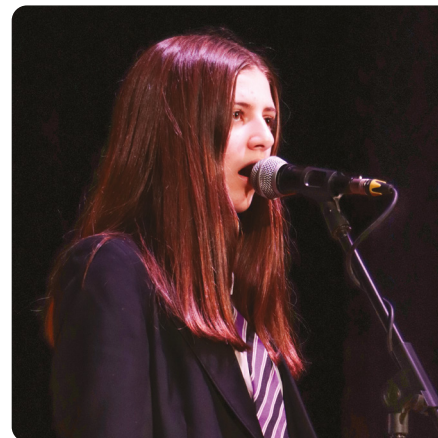
The annual Wetherby High Talent show was back at the end of last term, and it did not disappoint!

What a talented set of students we have at Wetherby. It takes an incredible amount of courage to stand up in front of the school and perform with such enthusiasm and passion. We had students singing, playing musical instruments, dancing and showing us exceptional gymnastic tricks!

All our students did a fantastic job and we were all so impressed! I have received an unbelievable amount of positive feedback from students and staff who were blown away with the performances.



A huge well done to L & B who came 3rd, Z who came 2nd and S who won the Talent show singing *Don't Stop Believin'* by Journey. A great result for **TRUEMAN** with some big e-praise points being added on!



Please make sure you keep an eye out for the upcoming House competitions and if you would like to get involved and represent your House, let your House Vice-Captain know.

Congratulations again to all of our performers, you should be very proud, I know we all are!

THE NOTICE BOARD

DESCRIBE YOURSELF IN THREE WORDS.

YORK COLLEGE

IMPORTANT DATES

- | | |
|-----------------------|---------------------------------|
| Monday 8th January | School opens |
| Thursday 11th January | Basecamp in school half session |
| w/c 15th January | Year 9 midterm assessments |
| Monday 15th January | KS3 Humanities competition |
| Tuesday 16th January | Year 11 Music performance exams |

NOTICE TO YEAR 11 STUDENTS INTERESTED IN YORK COLLEGE!

Please check your emails (and your junk) for more information regarding York College's Taster Day!

Miss Lowe, Mr White, and Miss Milner would like to say a big **FELICITATIONS** to all of our Year 11 students for doing so well on their speaking mocks.

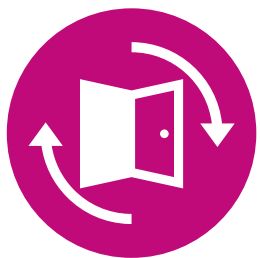
It was great to celebrate with you all with some epic snail races and Air France paper-plane competitions.

Well done to FH, DZ, and ZE for being champion snail racers!

LUNCHTIME FUN!

- MAIN HALL: **FILM CLUB**
THEATRE: **TRAMPOLINING**
GYM: **DODGEBALL**
SPORTS HALL: **BASKETBALL**
ASTRO: **FOOTBALL**





ST AIDANS & ST JOHN FISHER ASSOCIATED SIXTH FORM

Meeting for Prospective Associated Sixth Form students and parents to be held in St Aidan's High School on Thursday 18th January 2024.

The evening will provide students with an opportunity to be briefed on the Associated Sixth Form and to discover what it has to offer.

Individual advice on Sixth Form subjects and careers guidance will be on offer from 5.30-6.15pm when Heads of Subject and students will be available to talk to applicants about subject choices.

From 6.30pm there will be a presentation with advice on how to progress towards a successful Sixth Form career.

**** Please ensure all applications are completed by the 31st January deadline ****

HOW TO WRITE AN APPRENTICESHIP APPLICATION

HEAD OVER TO [WWW.GOV.UK/APPLY-APPRENTICESHIP](http://www.gov.uk/apply-apprenticeship)

BEFORE YOU START

COLLECT ANYTHING THAT MIGHT HELP YOU SUCH AS

- Your CV
- Any qualification certificates or predicted grades
- Work or voluntary roles

REMEMBER

- Read the job description carefully
- Do your research on the company
- Have a genuine interest in the position you are applying for
- Think about location and how you'll get to/from work

TIPS

Print off a copy of the job description and highlight all of the key words they have used so you can use them in your application!

Ensure you show you have met entry criteria or are predicted to!

Give examples of your strengths and link them to the job description

E.G I have extremely good communication skills. I have given presentations in front of large audiences such as my whole year group in an assembly. Furthermore, I have been working in a shop for the last year on weekends, where I have to deal with a range of customers on a one-to-one basis which allowed me to gain experience communicating with different audiences.

ABOUT YOU

A good couple of sentences or a good paragraph will be fine for this section. Just remember to link it to the job!

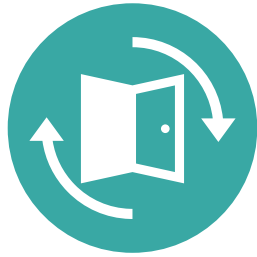
"I would like to improve my knowledge and awareness of the latest programming techniques being used in the workplace to increase efficiency and decrease costs to the employer"
(For an IT application)

IF YOU DON'T HAVE ANY RELEVANT WORK EXPERIENCE, MAKE SURE YOU GET SOME SET UP - EVEN IF IT'S A COUPLE OF HOURS A WEEK VOLUNTEERING.

Contact us for more help: businesspartnerships@yorkcollege.ac.uk or 01904 770368 (option 1)

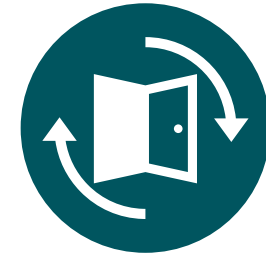
@YorkCollegeBusinessPartnerships
 @YC_Partnerships
 York College Business Partnerships

BDU0150/0122



YORK & UNIVERSITY
COLLEGE CENTRE

HAIR AND BEAUTY APPRENTICESHIP VACANCIES



HAIRDRESSING
Niche Hair & Beauty
in York
nichehairandbeauty@icloud.com
01904 621199

**Vacancies for
September 2024**
**Contact the salon
directly via email, phone
call or visit to find out
more**

HAIRDRESSING
Renaissance
in Haxby
scissorjo@gmail.com
01904 769209

HAIRDRESSING
Watkins Wright
in Thirsk
01845 525566
caroline@watkins-wright.co.uk

HAIRDRESSING
Watkins Wright
in Knaresborough
01423 860960
caroline@watkins-wright.co.uk

HAIRDRESSING
Watkins Wright
in Boroughbridge
01423 326639
caroline@watkins-wright.co.uk

HAIRDRESSING
Bang Hair
in York
info@banghair.co.uk
01904 439830

HAIRDRESSING
Mark Lee Hairdressing in
Pocklington
mark@markleehair.co.uk

HAIRDRESSING
Reflections
in York
reflectionshairdressing@yahoo.co.uk
0783 7010563

BARBERING
Shugs Barbershop
in Pickering
01751 477533

**Vacancies for
September 2024**
**Contact the salon
directly via email, phone
call or visit to find out
more**

BARBERING
Fellas & Kings
in Malton
01653 692418
clairecumings1986@hotmail.com

WETHERBY HIGH SCHOOL CHOIR PERFORM AT WINDSOR COURT CARE HOME



On Friday 8th December, Mr Denson and Mrs Meaking took the Wetherby High School Choir, along with selected soloists, to perform at Windsor Court Care Home to some important members of our community.

The choir performed a variety of works, and our soloists were fantastic. EH skilfully played some Christmas classics whilst ZK performed her amazing arrangement of three winter favourites to create a Christmas Medley. LB's majestic performance of 'O Holy Night' was breath-taking and BB's perfect rendition of the carol, 'In the Bleak Midwinter' caused an eruption of singing and humming from the residents at Windsor Court.

Thank you to all students who took part in this performance, it's amazing to be able to give back to the Wetherby community!



CHOIR AT WISE CAFÉ

It was brilliant for our Choir to sing at the WISE café in the Town Hall last term.

The audience had a lovely time listening to some beautiful singing and piano playing from our talented students.

Well done to all our students who took part.



DODGEBALL COMPETITION



YEAR 7

1ST	BREMNER	
2ND	TRUEMAN	TOMLINSON
4TH	ROBINSON	

YEAR 8

1ST	TRUEMAN	
2ND	BREMNER	
3RD	TOMLINSON	
4TH	ROBINSON	

YEAR 9

1ST	TRUEMAN	
2ND	BREMNER	
3RD	ROBINSON	TOMLINSON

YEAR 10

1ST	TRUEMAN	BREMNER
3RD	ROBINSON	TOMLINSON

YEAR 11

1ST	ROBINSON	
2ND	TOMLINSON	
3RD	BREMNER	
4TH	TRUEMAN	

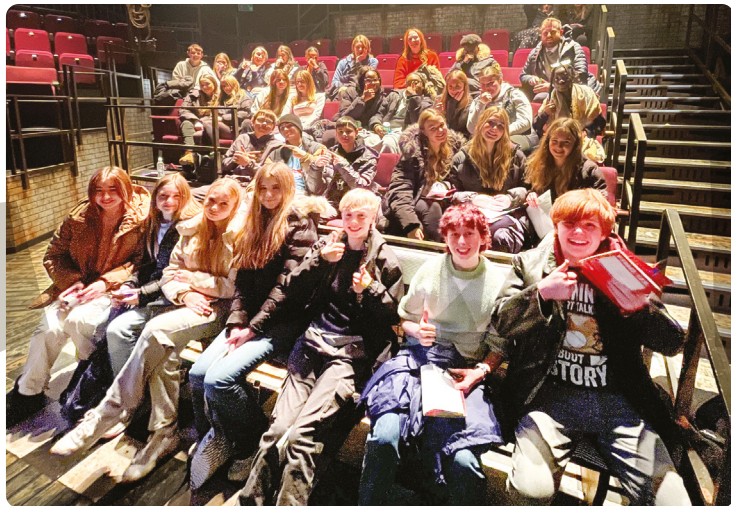
OVERALL RESULTS

1ST	BREMNER	TRUEMAN
3RD	TOMLINSON	
4TH	ROBINSON	



OLIVER!

A group of our GCSE Drama students were wowed by the Leeds Playhouse Production's special arrangement of Lionel Bart's Oliver!



The students were treated to a phenomenal performance absolutely loaded with interesting directive choices for them to analyse and draw inspiration from.

The students on this trip were a credit to our school; well deserving of such a privilege.



VENTURE CUP

After 7 weeks of taking part in activities such as portrait painting, graphics, music, drama, castle building, sewing and trampolining the Venture Cup was handed to a new winner...



ROBINSON won the Venture Cup for the first time and it was well deserved with a staggering **59 points!**

The Venture assembly was a great success and it was lovely to see the students being so proud and enthusiastic about the results of their Houses.

Students have a real sense of belonging to the school community which is the goal of Venture.

Massive congratulations to everyone in the winning House, the best House, **ROBINSON!**

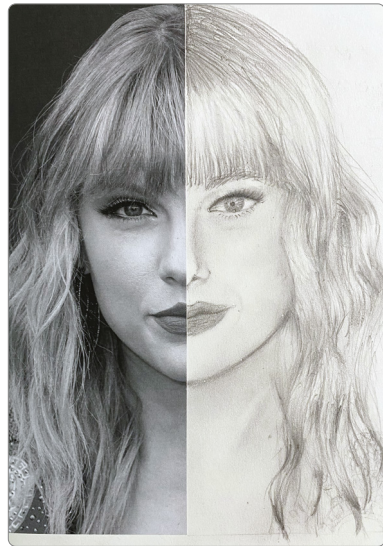
Miss Swann

STUDENT MENTIONS



8 B / G R 1

Excellent gift packaging designs. From designing their own brand logo to designing a gift bag. The group's focus and creativity last term was really impressive.



M B

Outstanding portrait drawing and tonal skills.



L W

Final piece for Fine Art coursework.



L T

Outstanding artist analysis and presentation skills.



O & M

Picture frames for Year 11 Endeavour.

TEMPO 107.4FM

www.tempofm.co.uk

GOOD TIMES GREAT SONGS



TEMPO RADIO TRIP

On Wednesday December 7th Endeavour students from the radio club visited the Tempo FM studios in the centre of Wetherby.

We got to look around the different studio rooms and take part in a live broadcast. The presenters Peter Issatt and Alan Everard let us introduce ourselves on radio and give shout outs to friends, family and some of our coaches. We also read out the weather forecasts, announced forthcoming Christmas events and introduced the songs that we had got to pick for ourselves. It was fantastic to think that our contributions were going out live into the local community and lots of our friends and family listened to the show. The experience really changed my opinion of radio and I think working in radio could be a great job.

I would recommend the trip to anyone and we would all like to thank Tempo Radio for letting us visit.

RM



THIS WEEK I'M READING

The Hunger Games is a gripping tale of a 16-year-old girl from District 12 called Katniss who lives in the impoverished coal-mining district. It's the 74th annual Hunger Games and during the reaping, Katniss younger sister, Primrose, is chosen as a tribute. Katniss volunteers to go on her behalf in an act of sacrifice that sees her having to fight to the death.

It is a book that explores the themes of loss, loyalty and fear. The Dystopian setting of the story warns of the dangers of an authoritarian government that controls its people and uses their suffering as a form of entertainment. I highly recommend this book to all who enjoy the suspenseful adventure of characters who must fight for survival in a harsh world.



ASH

HOUSE POINTS



TOP STUDENTS OF THE WEEK

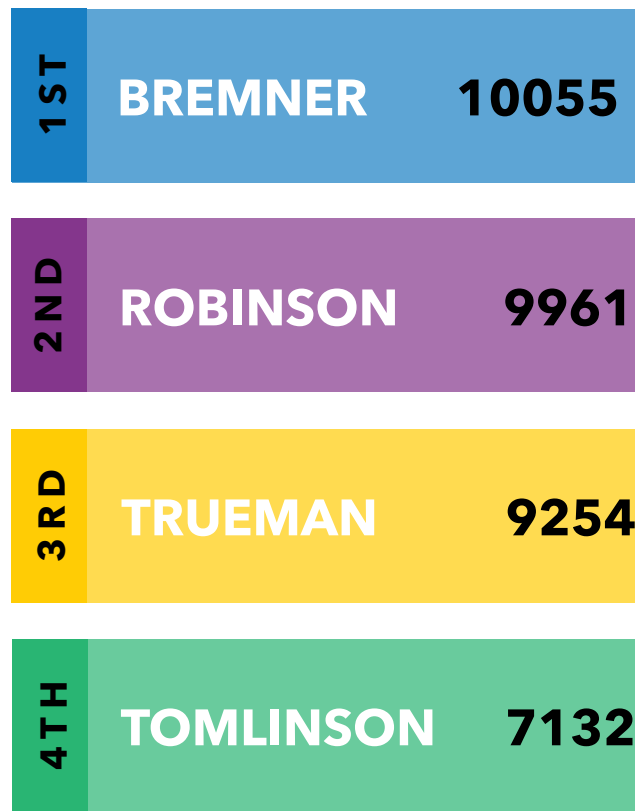
MB	TO4	48
HH	RO15	45
EL	BR5	43
LB	TR15	42
DN	RO4	42
CC	RO14	40
MR	RO15	40
HA	TO9	39
AW	RO5	38
EB	RO4	38

TOP COACHING GROUPS OF THE WEEK

RO4	268
RO13	263
TO2	246
BR5	243
TR15	243
RO14	243
TR11	242
RO8	235
TO9	229
BR3	224



HOUSE POINT TOTALS



LAST WEEK'S HOUSE POINTS





Subject Nominations





DRAMA LEGEND
AV

YEAR 8
Excellent effort in drama lessons.



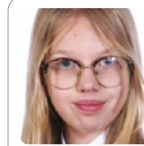


LEGENDARY LINGUIST
DMcK

YEAR 9
Excellent work on your writing assessment and for giving 100% in every lesson.



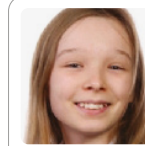


LEGENDARY LINGUIST
MMcG-T

YEAR 9
Excellent work on your writing assessment using lots of complex vocabulary.



AMAZING ARTIST
MD

YEAR 8
Well-presented ink mark-making experiments.

AMAZING ARTIST
AH

YEAR 9
Stunning etching print outcomes.

DRAMA LEGEND
TZ

YEAR 7
Fantastic contribution to drama lessons.




DRAMA LEGEND
DC

YEAR 10
Excellent effort with written analysis in drama.




DRAMA LEGEND
LH

YEAR 11
Excellent written work in drama.





AMAZING ARTIST
AB-R

YEAR 11
Sketchbook work development.




Subject Nominations


GRAPHICS GREAT

MG



YEAR 7
A great graffiti tag design

GRAPHICS GREAT

DN



YEAR 8
Diligent attitude every graphics lesson.

TALENTED IN TECHNOLOGY

LB



YEAR 9
Well done for you great start in DT.

TALENTED IN TECHNOLOGY

LC

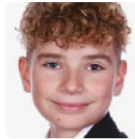

YEAR 9
Excellent work in DT last term.

MAJOR MUSICIAN

JC



YEAR 7
Great work in Year 7 music.

MATHS MASTER

RO



YEAR 7
Excellent character for learning every lesson.

COMPUTER SUPERSTAR

AW

YEAR 7
Resilience and progress with coding.

MAJOR MUSICIAN

APW

YEAR 10
Fantastic marks in Year 10 mocks.



FRANCOPHONE RECIPES



LES PALMIER



INGREDIENTS

- 1 sheet frozen puff pastry or homemade if you prefer
- ¼ cup granulated sugar
- 1 tsp cinnamon

INSTRUCTIONS

STEP 1

Thaw puff pastry in refrigerator overnight. It needs to be pliable but cool. Roll dough just enough to even out the seams. If using homemade, roll to a square about ¼ inch thick.

STEP 2

Sprinkle most of the sugar and cinnamon over the dough. Use rolling pin to lightly press the sugar and cinnamon into the dough.

STEP 3

Fold the left and right 1/6 of the dough inward. Sprinkle remaining sugar and cinnamon over the dough and lightly roll to press into the dough.

STEP 4

Fold the left and right inward again like a book. This creates a long flat length of dough that has 6 layers.

STEP 5

Wrap in plastic wrap. Refrigerate for 30 minutes. This makes it easier to cut and helps them puff better in the oven.

STEP 6

Preheat oven to 220C.

STEP 7

Use a sharp knife to slice the log into ½ inch cookies.

STEP 8

Place cookies on a parchment lined baking sheet, cut side up. Space them a few inches apart. They will puff up and out. Place unbaked cookies in fridge between batches to keep cool. Bake for 15-20 minutes until dark golden. If sugar on the bottom is getting too dark turn them over or move to a higher rack and reduce heat to 190C.



SEND A PHOTO
OF YOUR
MASTERPIECE TO
YOUR FRENCH
TEACHER!



LITERACY & ENGLISH / A FEW FACTS



About 1.35 billion people on Earth (population: 7.8 billion) speak English.

That's more than 15% of the world's total population! No wonder it's regarded as the most spoken language in the world.

You may be interested to know that Americans might not have spoken English as their country's official language.

According to the legend, only the single vote of Frederick Muhlenberg, the first ever Speaker of the US House Of Representatives, prevented German from becoming an official language of the United States.

The longest word in the English language contains **45 letters**.

The **forty-five** letter word is, '**pneumonoultramicroscopicsilicovolcanoconiosis**', and it refers to a lung disease caused by inhalation of fine silica dust.

The second longest word in the English language dictionary is '**Hippopotomonstrosesquippedaliophobia**', that ironically means the fear of long words.

The English language is said to be one of the **happiest** languages in the world.

The word "happy" is used three times more often than the word "sad"!

The word "**Goodbye**" originally comes from an Old English phrase meaning "**God be with you**".



BLOG ON SEASONAL MINDFULNESS: GETTING TO GRIPS WITH WINTER

BY AMY McMILLAN



This is a post making suggestions about a positive mental attitude during winter.

One member of the coaching group reads the article out and makes some initial interpretations.

The group then discuss the article starting with the questions at the bottom.



I didn't always look forward to winter - in fact, I dreaded it with a passion. In the UK, winter can be long; the nights are dark and we are often subjected to dank, drizzly days. I used to resist the onset of winter, resenting the freezing wind, slippery mud, the hair frizz caused by the rain... My mood would suffer and I'd sometimes wonder if I had Seasonal Affective Disorder (SAD) which is a low mood condition thought to be brought on by lack of light and low serotonin.

But over the past few years, my attitude towards winter has gradually begun to change. Don't get me wrong, I still get frustrated by having to bundle up before leaving the house (especially as I now have two small children who seem on a mission to make this a particularly arduous task.) I still dislike waking up in the morning and thinking it's the middle of the night. But I find that the resistance I used to feel is less intense.

So, what's changed? I have a well-established daily mindfulness practice that has been deepening over the past

few years. I have learnt that a key aspect of suffering is resistance. Resisting what can't be changed, resisting what I have no control over, resistance to what IS. I tend to label things 'pleasant' and 'unpleasant' and resist what I perceive as unpleasant. This pattern is still evident in some aspects of my life, but I find that my practice is gradually helping me to loosen my grip, at least over things I know I can't control, like the winter weather. Winter is what it is - neither good or bad, just a necessary part of the natural cycle of life. There is something poignant about observing the seasons going through their natural cycle of birth, flourishing, decay, death, and birth again.

Winter is a time of slowing down and turning inwards, a time of rest so that the renewal of Spring can occur. I now understand that I can choose to listen to the lack of energy that winter brings and slow down, turn inward and look after myself. And since I stopped resisting it, I'm now more able to see the subtle beauty that winter brings. There are the crisp, sunny mornings where the frost sparkles and the cold air is exhilarating.

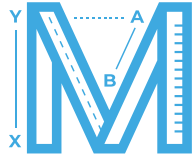
The excitement of snowy days and the comfort of getting cosy by the fire. But there are more subtle things, if we learn to look harder. In fact, I was inspired to write this post while doing the school run on a particularly drizzly grey day. I looked across the sodden playing field at the bare, wind-blown trees and was suddenly struck by their stark, magnificent beauty. On cold, rainy days, the birds may not sing as much, but if I take a moment to listen mindfully, I can still hear their cheerful chatter.

So how can we develop this mindful connection with nature?

Take a moment to appreciate one aspect of the season each day. Stop and tune in to the stillness beneath the business. This might mean looking closely at a tree or exploring the textures of its bark, breathing in the crisp air, listening to birdsong or observing the clouds in a wintry sky. It might even mean observing how the rain feels on our skin or the sensations of cold in fingers and toes. If we're based in a city, we might have to look more carefully, but if we go outside, the sky is always with us.

- Why do we feel a bit flat during winter months?
- What suggestions does this writer make that will help us feel more positive about winter time?





MATHS PUZZLE

	12	

	13	

	14	

	15	

JOKE OF THE WEEK



Why was the mathematician late for work?

He took the Rhombus.

Can you put the numbers 1 to 8 in each of the squares so that each side adds up to the middle number?



YEAR 7 GIRLS FOOTBALL

The Year 7 girls football team travelled to Garforth Academy for their first round Leeds School Cup fixture on Monday 18th December.

This was their first Year 7 only game after having fixture combined with the Year 8 girls.

The game started quickly, and Wetherby found themselves 1-0 down after three minutes as Garforth took an early lead with a goal that left MT no chance of saving. That goal woke Wetherby up and from there on it was all Wetherby - the girls galvanized and played some great football.

BG pulled Wetherby level midway through the first half after some excellent work by CP who played a lovely ball through for BG to run on to before smashing it passed a helpless Garforth keeper. HA was industrious in the middle and tried to get the ball out wide to the dangerous HE and BM, with chances failing to test the Garforth keeper - BM had the best but she hit the side netting.

The football was played in the Garforth half with Wetherby dominating but not able to find the second goal. Player of the match CW was exceptional in defence along with EMT who ensured Garforth had no chances to score again. MT gathered a loose ball and her kick found HE on the wing who cut inside and hit a powerful low shot that hit both posts and crossed the line giving Wetherby a 2-1 lead. CT, CL and TM all entered the game at half-time and helped continue Wetherby's efforts with some good play. T and B helped combine to release HE who had a chance narrowly miss to increase Wetherby's lead.

With three minutes to go, Garforth got an equaliser (I don't know how - Wetherby were dominant) which meant the game went to extra time. EB was brought back on to give Wetherby an option up front but her efforts couldn't find the back of the net. T had the best chance in extra-time when she hit the bar/post before the game went to penalties...

"Sir I've never saved a penalty before" were the words spoken by goalkeeper MT before she walked to the goals.

The tension, excitement, the nerves of a penalty shoot-out to determine who qualifies for the next round entailed.

Garforth first - missed.

Wetherby - missed.

Garforth - **SAVED**

Wetherby - missed,

Garforth - missed

Wetherby - **SAVED**

Garforth - **SAVED**

Wetherby - missed.

Garforth - Scored.

One - nil to Garforth with BM stepping up to keep Wetherby in the tie... **SCORED!**

From here on in it was the MT show as she saved the next three penalties (*saving 5/8*) - what an incredible effort after her previous comment.

Captain CP stepped up and scored her penalty taking Wetherby through to the next round.

Great effort and character to get the girls a much deserved win!



CHALLENGE KING



WEEK 8

PAPER COPY COMPLETED AND HANDED INTO MR KING'S STAFF TRAY BY **FRIDAY 12TH JANUARY.**

- Can be completed by the whole Coaching group, a few members of the Coaching group or just one member of the Coaching group.
- House points awarded for 1st, 2nd and 3rd.
- Bonus points if you beat Mr King.

FIXTURES

CHELSEA V FULHAM
NEWCASTLE V MAN CITY
EVERTON V ASTON VILLA
MAN UTD V TOTTENHAM
BURNLEY V LUTON
COVENTRY V LEICESTER
CARDIFF V LEEDS
MILLWALL V MIDDLESBROUGH
SOUTHAMPTON V SHEFF WEDS
IPSWICH V SUNDERLAND

GK

2-0
0-2
1-1
0-0
1-0
0-2
1-2
1-2
2-0
3-1

COACHING GROUP

WEEK 7 RESULTS:

Mr King - 9 points

1st TR1 12 Points	Miss Beaumont 10 House points
2nd TO2 11 Points	Miss Lydon 5 House points
2nd RO9 11 Points	Miss Lawrence 5 House points

BONUS POINTS:

TR5 10 Points	2 House points
TO5 10 Points	2 House points