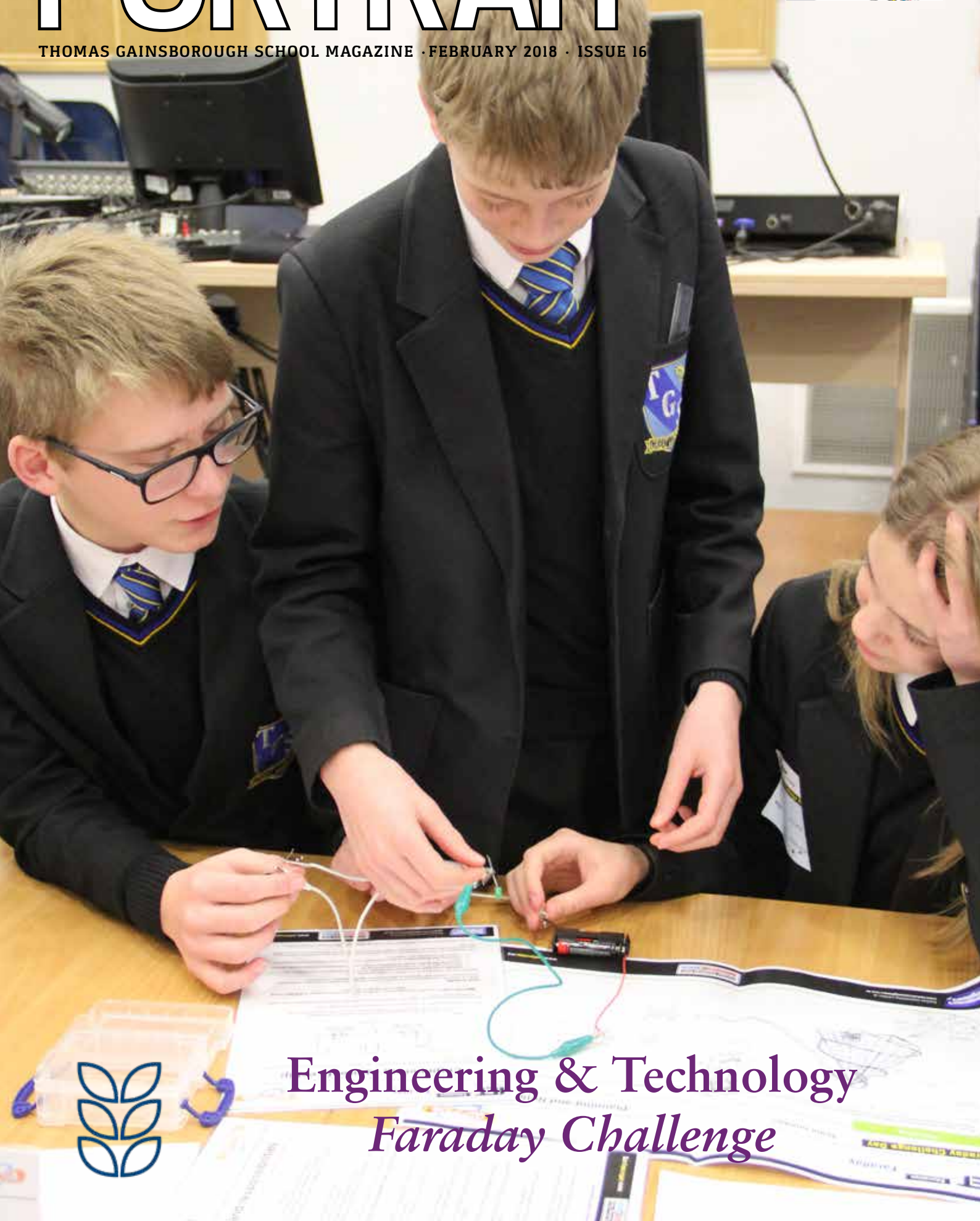


Excellence: for each, for all

PORTRAIT

THOMAS GAINSBOROUGH SCHOOL MAGAZINE · FEBRUARY 2018 · ISSUE 16



Engineering & Technology
Faraday Challenge

Faraday Challenge

IET Education
The Institution of
Engineering and Technology

Faraday

The Institute of Engineering and Technology visited TGS to deliver a Faraday Challenge Day on 18th January. Thirty-six students from the Year 8 STEM pathway participated as six teams. The theme of the challenge was kept secret until the day, although the fact that the event was partnered with Thorpe Park gave everyone a good idea of what was to come.

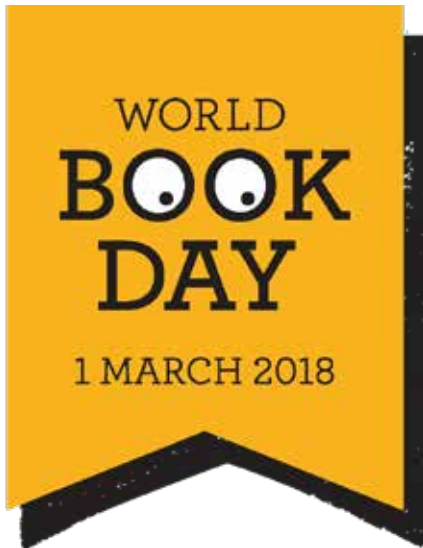
The pupils were given the task of planning, designing and presenting an idea for a new attraction at Thorpe Park, given a limited budget and time. Phil, the engineer from IET commented specifically on the high levels of team work and quality of the finished prototypes produced on the day.

Team 6, consisting of Alfie Meech, Max St Ledger, Lauren Martin, Ethan Orme, Emily Mayes and Keira Hall won the event with a design for an aquarium ride and their circuit board prototype which would operate several aspects of the ride. Unfortunately, the team missed out on a place in the national final where teams from around the country compete to have their designs actually made into a new attraction at Thorpe Park and be involved in the design process throughout.

TGS has already signed up for next year's event which will be themed around the space telescope that is due to be designed to replace Hubble.

Mr A Cameron





World Book Day is coming to TGS on 1st March and the reading ambassadors are ready with lots of competitions for you to get involved with. We have quizzes and Merit opportunities galore so watch this space!!

The Reading Ambassadors are Katherine Chapman, Kitty Fowles-Smith, Poppy Curran, Sam Wainwright, Gemma Dix, Holly Samways and Kayden Duke.



Year 7 student Rosemary Gray is the latest Book Mastermind Champion for TGS! The final took place on Wednesday 10th January involving nine students in an extremely close competition. Rosemary answered 18 questions correctly on her chosen book, *Hunger Games* by Suzanne Collins. She then answered all of her general knowledge questions correctly achieving a total of 28 points. A fantastic score!

Gainsborough School. This will take place in Sybil Andrews School in Bury St Edmunds competing with other students from schools in the Western Area. Good luck Rosemary! A huge thanks to the English department, Mr Everitt for technical support, Question Master, Mr Lloyd and Mrs Ludlow for setting the general knowledge questions. Thanks also to the audience for their support in this competition.



Mrs H Welch

The finalists had previously scored top in their class rounds last term and performed superbly in the final. Runner up was Davit Rickards scoring 24 points with Clementine Gwinell scoring 23 points for third place. The other finalists were Maisie Young, Isabelle Hand, Gemma Dix, Amy Howells, Jessica Print and Honey Waygood. The students were all amazing and should be very proud of themselves.

Book Mastermind is an annual competition open to all pupils in Years 7, 8 and 9 and is a vehicle for promoting reading across Suffolk. The competition starts in schools with winners from each school competing in area finals. Rosemary will now compete in the area final in March representing Thomas



Art

Thomas Gainsborough's A-Level Artists exhibit in the home of Gainsborough. Students from Year 13, along with Thomas Gainsborough Sixth Form alumni, have exhibited their art work at Gainsborough House in Sudbury; a first for both our school and the museum and gallery. Freddie Russell and Emma Carter (current Year 13 Textiles students), Emily Gillbanks, Alexia Gortsilas and Cameron Walter (A-Level Art and Design graduates in 2017) are exhibiting their work in the lift gallery at the top of Gainsborough House in an exhibition organised by Mr Clark and the House's education officer Steph Parmee.

The work exhibited is a combination of textiles, paint, printmaking and other media and is a response to the landscapes of our local area, the very same landscapes which inspired Thomas Gainsborough years ago. Steph Parmee remarked that "The standard (of the work) was amazing. It was lovely to see the textile work. We do a lot of print work, so it was good to see different mediums used". She also reaffirmed how good it is to work in partnership with TGS, something Mr Clark has worked hard to develop over the past few years.

The students and their families recently attended a private viewing at Gainsborough House to celebrate the exhibition, along with Mr Lloyd, Mr Clark and Miss Bowman. Tim Coulson, Samuel Ward Academy Trust chief executive, also attended and showed great support for the

artists and our partnership with Gainsborough House, remarking on the "outstanding quality of the work." The exhibition runs until 4th February, with further exhibition projects in development for the future.

Mr E Clark



GAINSBOROUGH'S HOUSE
SUDBURY

Thomas Gainsborough School becomes CALSA leader across the region. As part of our continued work as a platinum level Artsmark school, we have now become the lead school for the CALSA program in Sudbury, Bury St Edmunds, Haverhill and Newmarket. CALSA stands for Cultural and Arts leaders in Schools and Academies and is a program designed to bring Arts and cultural education, initiatives and excellence to areas where they are under threat, or need further development.

Miss Nichol and Miss Arrow have volunteered to be the CALSA representatives for our school, with Mr Clark acting as the CALSA leader across the five secondary schools in our academy trust; coordinating their work along with that of our colleagues at Samuel Ward, Castle Manor, Newmarket and Sybil Andrews Academies. Miss Nichol and Miss Arrow will drive projects in visual and performing Arts with primary schools in the area and help to invigorate younger students and teaching colleagues in the Arts. Mr Clark will coordinate the CALSA efforts with members of the Festival Bridge, an organisation which works with schools on behalf of the Arts Council of England. Being designated a CALSA lead school is highly prestigious and is further recognition of the school's leading role in driving excellence across the trust and our corner of Suffolk.

Mr E Clark



**Artsmark
Platinum Award**
Awarded by Arts
Council England



Enrichment

Our Spring term Enrichment Programme is now well underway with a range of new clubs including Nature Club and the return of many popular clubs. Now that the evenings are starting to get lighter why not stay after school and try something new, especially those of you looking to earn more merits?

Enrichment Focus

Chess Club – Tuesday after school in Room 216

This club has a mixture of experienced players challenging each other to brand new beginners just starting out to learn the rules. Players can discuss tactics and strategies with a view to start their own tournament. Hopefully in the future we will be able to compete against other schools.



Mini Bus Madness

Our next trips have been confirmed:

Tuesday 6th February 3.30-5.30pm: The Blue Owl – Decopatch

“Decopatch is a decorative papercraft, a bit like papier mache only much prettier! It’s so simple too with great results every time.” We will produce a small animal or letter ready to take home that evening.

Tuesday 27th February 3.30-6.30pm: Toxic Archery

We are returning to Toxic Archery – total beginners or experienced archers are welcome. We will have teaching and tips from their qualified instructor whilst we try to shoot at a range of targets – some even moving!



Tuesday 13th March 3.30-5.30pm: The Blue Owl – Foam Clay Modelling

“Foam Clay is a bright coloured, self-hardening modelling material which can be applied to any of our decorative ceramics or decopatch objects.” We will be attempting to cover a medium size figure which again can be taken home on the evening.



USA 2019

5 places left.....to see LA, the walk of fame, Hollywood Boulevard, Santa Monica beach & pier, Universal Studios, Las Vegas, the Grand Canyon and go shopping!

Please see Miss J Hilson if you are interested.



USA

THOMAS GAINSBOROUGH SCHOOL PRESENTS

WE WILL ROCK YOU


WEDNESDAY 21 FEBRUARY, 7PM
THURSDAY 22 FEBRUARY, 4PM
 REDUCED STUDENT RATE, £3.50

FRIDAY 23 FEBRUARY, 7PM
£8 ADULTS £5 CONCESSIONS
TICKETS ON SALE AT STUDENT SERVICES
WWW.SCHOOLSWILLROCKYOU.COM

TGS's production of We Will Rock You is in full swing. The cast has been working extremely hard at rehearsals and the band has joined them this term, so it's all coming together. This year's show is huge and loud and real fun. Tickets are already selling fast, so please purchase yours from Student Services. Set in the future, in a world without real music or musical instruments, the story follows the journey of two outcasts, who seek to put rock music back at the top, as the sound track of the world.

Prepare to be ROCKED!!!!!!

Mrs J Arrow



SCHOOLS



SCHOOLS

Science

As an extension to a piece of homework on leaf cell structure, students in 10g1 Science were challenged to make a model of the leaf cell and, most importantly, it needed to be edible! I'm sure you will agree that the examples shown here demonstrate outstanding efforts and ingenuity. Well done to everyone who had a go at it, and I can confirm they were as tasty as they looked.

Mr R Furlong



Charity

I had my hair cut for charity on 17th November, which coincidentally was Children in Need day! The reason I decided to cut and donate my hair was that I had seen a close family friend suffer with cancer and I wanted to find a way to help those who are unfortunately going through cancer.

My hair has been accepted by the Little Princess Trust in addition to the £500 sponsorship money I raised.

Phoebe Pledger



We are taking part in the local swimathon in April to complete 200 lengths of the Kingfisher Pool (5km). Any donations would be very welcome. You can help Miss Nichol, Mrs Wells & Miss Hilson raise money

8

for this great cause by donating directly to their fundraising page by searching for 'WAZZAK' on www.justgiving.com. JustGiving sends your donation straight to Cancer Research UK, Marie Curie & The Swimathon Foundation and automatically reclaims Gift Aid if you are a UK taxpayer,

so your donation is worth even more.

Thank you for your support!

DONATE NOW WITH
JustGiving™

Re-Cycle (Bikes to Africa)

In Britain, millions of bikes lie unused in sheds, whilst many people in Africa have no access to transport of any kind.

Re-Cycle is a bicycle recycling charity, who collects used, donated bikes from the UK and ships them to Africa. People spend hours each day walking to collect water, firewood or to access school or employment. A bicycle lightens this burden and dramatically improves their wellbeing, giving families the extra time to earn, learn and enjoy life.

From their workshop in Colchester, Re-Cycle receives donated bikes and prepares them ready to be put into large containers and shipped to Africa. Last week, Re-Cycle had help from Liam and Otis, two students who spent their work placement learning how to prepare and compact bikes and helping strip wheels for parts.

Without help from the public, Re-Cycle couldn't do what they do. They rely on people's generosity, whether it be by donating their old bikes or by raising money to help fund the charity. They also need daily help from volunteers like Liam and Otis.

If you would like to support Re-Cycle, there's lot of things you can do:

You can:

1. Organise a sponsored ride
2. Donate a bike (nationwide drop off points can be found on our website)
3. Volunteer
4. Follow us on socials
5. Make a financial contribution
6. Sign up to our newsletter

To find out more, please visit www.re-cycle.org.



Celebrating 20 Years of sending Bikes to Africa

Re-Cycle will be hosting a number of exciting events and campaigns throughout 2018 to celebrate their 20th year of sending bikes to Africa. Their aim is to ship 100,000 bikes to Africa by July 2018 – can you help make this happen? Be part of this campaign by sharing pictures of your donated bikes with #100kbikestoafrika.

ENDS

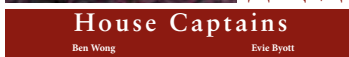
Please contact Tracey Lewis, Communications Manager at Tracey. lewis@re-cycle.org or on 07783990054 for more information about this article.



ABBAS



Head of
ABBAS
Mrs N Wilby



Deputy House Captains
Rosie Young Harry Freeman



I am delighted that my first report for 2018 begins by sharing the wonderful details from our Celebration assembly on Monday 22nd January. It was a pleasure to award both Tia Cuthbert and Kara Day the Head of House Commendation for last term. Both have been absolute treasures in supporting the Abbas events; giving up their time to make sure things run smoothly. Of course they were ably supported by so many others such as Bethany Chapman, Frankie Day, Rosie Young and Bethany Thompson, and I value their help enormously. Thank you.

One hundred and fifteen students achieved their Bronze Merit Award with a fantastic ten reaching Silver already. This is truly an amazing result and is reflective of the hard work, motivation and positivity within the house. ABO took the overall form prize for the most merits again but the result was a close run thing with RMC and AAS close behind. I was also delighted to see that one hundred and twelve students did not receive a single negative point at all. Being punctual, organised and focused every day for the longest term is certainly worth

celebrating! A huge “well done” to the sixty students who have achieved one hundred percent attendance; I appreciate the effort that this can take, but also recognise that it is the first question to respond to on any reference form that I am asked to complete. These are truly habits for life.

FOUR IN A ROW! Abbas were delighted to receive the Charlesworth Cup again last term. All winning streaks must come to an end but we know that whoever replaces those red ribbons will have worked flat out to do so in all aspects of life at TGS. With help from the dedicated Abbas committee we have raised over £1,000 so far for our chosen charity, East Anglian Air Ambulance. This is an amazing total already, but we have many more ideas. We had a market stall in Sudbury on Saturday 27th January with unwanted Christmas items to sell, and our Munchy Mondays continue on Monday 5th February, being the first Monday of the month. We are planning a rather active sponsored event for this term with details to follow!

Thank you for your support, not just in terms of competitions and fundraising, but with the daily routines of being in school, with the correct equipment and approach. It really is appreciated and has real impact, as you can see from our success.

Mrs N Wilby



CHAMBERLAIN



Head of
Chamberlain
Miss J Hilson

House Captains

Bethany Ireland-Whittaker

Josef Thompson



Deputy House Captains

Daisie Houlden

Reuben Devereux



What a fantastic assembly we had last week reflecting on all of Chamberlain Student's achievements in the Autumn term. We had 62 students with 100% attendance – despite all of the winter bugs around, and the majority of our students are receiving praise for their presentation. 100 students have not yet received a negative point showing their great organisational skills as well as a good work ethic. I was so impressed to see 95 students already at 100 or more merits which means they are on track for a place on the next rewards trip. Even better than that was the 13 students who have doubled that and have over 200 merits – they are clearly working hard in school and getting engaged in so many other areas of school life. A special mention must go to Megan Turner & Sam Harris who have already gained their place on the rewards trip achieving 300 merits in just one term – what an amazing achievement, well done! Another special mention must go to Maisie Young for the Head of House Commendation – nominated by her tutor for working so hard over

the last term - entering just about everything and getting involved in clubs, charity work, hamper and getting excellent reports. Maisie embodies the Chamberlain spirit of "to do good but not to be conspicuous."

Well done to form CKE who had the highest average number of merits this term – and they are such a lovely form they donated half of their sweets won to our charity event.

A huge thank you to forms CKE & KYO who brought in the most donations in the whole school for the Operation Christmas Hamper which meant so much to many families over the Christmas period.



Thursday 25th January was National Young Carers Awareness Day and as many of you will be aware Chamberlain House supports the Young Carer's charity. A young carer is somebody aged between 5 and 24 years old who cares for, or is affected by, a family member who has:

- A physical disability
- A long-term physical illness
- A mental health illness
- A dependency on drugs and/or alcohol

It is estimated that there are 1 in 12 young carers of high school age.

Of course young people who experience this can spend a great

deal of time helping at home and this can put them under pressure in other aspects of their lives. Young Carers try to support these students by:

- Giving them an opportunity to meet other young carers, share experiences and support each other – to gain confidence that they are not alone.
- Time with an advisor to discuss their situation and learn new ways of coping.
- Information to help them understand the condition for which they care for.
- Time out from their caring role – learn new skills and have some fun – behave like a teenager.
- Provide advocacy support when a voice is needed.

For more information please use: <https://suffolkfamilycarers.org/> We believe this is a very worthy cause to support and this week, thanks to donations of sweets from many, we have raised another £80 towards our donation for Young Carers. Our Chamberlain committee have given up their free time this week to sell raffle tickets and promote donations so that our charity total is now over £400 and I am sure we will continue to build on this. Well done to Dominic Clark for winning our chocolate hamper!

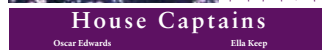
Any new charity event ideas or students volunteering to get involved are always welcome.

Miss J Hilson

Suffolk ●●●
Family Carers
Living Fuller Lives



Head of
Houghton
Mrs L Hurtado



House Captains
Oscar Edwards Ella Keep



Deputy House Captains
Connor Crowley Mollie Pratt

Every student and tutor in Houghton has much to be proud of. At the end of year Christmas whole school assembly we were commended for having the highest overall attendance, being joint winners of the Ovid story-telling competition and having the highest usage of GCSEPod.

Then in our January Houghton House Celebration Assembly we awarded certificates for the achievements of almost all our students. Many received certificates for their personal presentation and continued punctuality and being well prepared for every lesson. Sixty-six students received certificates for 100% attendance during the autumn term, and seventy-six students gained their Bronze Merit Award for gaining over 100 merits.

Furthermore, special praise should go to Kaitlin Riddle (GBr), Davit Rickards (KMa), Kiera Blowers (NBu), Oliver Race (SOv) and Poppy Curran (TBa) who have now gained their Silver Merit Award for already gaining 200 merits. Congratulations to you all. Honour is certainly the reward for your continued valour.

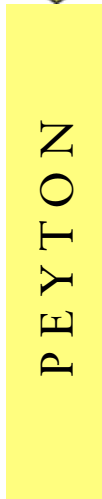
Our assemblies have also included inspiring performances, most recently from the GaGa Kids group from the upcoming show We Will Rock You. We can't wait to see many Houghton students performing, including Oliver Hughes (KMa) as Khashoggi. We have also thoroughly enjoyed hearing James Quin (GBr) play in assembly and look forward to hearing more of his talent, along with Ben Lowe (SOv) playing in the band for the school show.

To help support the work of The Friends of TGS (who will be having a raffle each night during the school show) we are also raising money through two seasonal gift events. Firstly, students can dedicate a small chocolate gift to other students for Valentine's. They simply need to leave 50p and the name of the recipient at Student Services.

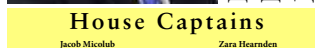
Secondly for Easter, students, family members and staff are knitting and sowing beautiful adornments for Easter Eggs. If you are able to help by knitting a simple square which can then be stitched together please ask your child to collect a pattern, and if required some materials, from Miss Barfield in room 102. This is a wonderful, relaxing and creative way to help others. Please let us know if you could help.

As the new year begins it has been wonderful to see so many individual students flourish. Particular commendations for students in Houghton have already been given to Poppy Curran for her work out of school in her Army Cadet Force, to Alex Bolden for an inspiring poem and to Celeste Barthropp for her success at the county Badminton finals.

Mr C Ryall, Acting Head of Houghton



Head of
Peyton
Mr W Ponsford



House Captains
Jacob Nicolub Zara Hearnden



Deputy House Captains
Mason Baggis Chloe Cowlin

The Autumn Term was another very busy one and saw Peyton finish a close fourth in the House Cup competition, pipped to 3rd by Houghton by just 600 points.

During the term, 76 Peyton Students reached 100 merits to earn their Bronze Award, well on the way to the 'Magic' 300 required for a place on the rewards trip. Special mention should go to Chloe Adamson, Millie Simon and Esther Shrubsole who have already reached the 200 mark and were awarded their Silver Certificate in our recent celebration assembly.

Last term's Head of House Commendation went to Eirinn Crawford for her outstanding start to her time at Thomas Gainsborough School. She has really got involved and worked hard during her first term and has taken part in a wide range of enrichment activities. A real example for us all by demonstrating a 'Work hard and get involved' attitude during her time here at TGS.

The "Most Valuable Tutor Group" award once again went to Mr Bennett's Tutor Group after being knocked off their perch in the summer by Mrs

Lindsay's team. Let's see how many other Tutor Groups can challenge for the title at Easter.

A special "Award for Excellence" went to Ella Pearson for her outstanding success in Basketball. Ella was part of the Ipswich Ladies' basketball team who secured a National Cup Title and then was also selected for the England Squad in the build up to the International matches this summer in Macedonia. Congratulations to her and the best of luck with the final selection camp that is fast approaching.

Let's make this term a really positive one and see if we can get ourselves competing for the trophy. Make sure you are putting yourselves forward for the School Values' Awards when you do something to demonstrate one of our 6.

Mr W Ponsford

Tollemache house we have a talented bunch of students too numerous to mention, that are performing.

Everyone in the audience was blasted away by Shareece Samuel's rendition of Somebody to Love. Shareece plays Scaramouche in the musical. The range of tone in her voice was amazing giving everyone goose bumps. Gemma Deacon, who has starred in lots of the school productions, also has a key role as Killer Queen. I am looking forward to seeing them shine on the stage.

As always we take time in our celebration assembly to recognise the achievements and hard work of the students, recording the amount of merits each students has amassed each term. It is with great pleasure I gave Lois Pilgrim a certificate of excellence, the silver merit award. Congratulations.

Eighty-two students in the house have achieved a Bronze merit award. The tutors and subject teachers are always glad to award students for good work and a demonstration of core values within the school and the wider community. Universities and employers are interested to see evidence of their progression through their school life in their record of achievement.

The values we have celebrated in the autumn term have been varied from students like Maxi Webster Coles gaining good metal in swimming for the Aquatic youth team in Sudbury, Thea Dawson representing her country in ladies under 15 Rugby, Beth Jarvis performing at the Albert Hall with her dance company from Clacton, Gemma Sargent for competing at motocross to a high level and

Cameron Mateer competing at boxing in Felixstowe, Sudbury and Corby. It is always interesting to hear about what students are achieving outside school.

This is the time of year when coughs and sneezes are all around us yet it is so important to celebrate attendance. The school values students coming into school even if you don't feel a hundred percent. Often as the day goes on and students become absorbed in school life they feel better. Attendance is a key concern when universities and employers look at an application. Tollemache house had seventy-eight students who achieved one hundred percent attendance in the Autumn term.

It is always up-lifting when the house gathers together and celebrates each other's achievements. However, this is also a time for reflection asking yourself questions such as, have I worked as hard as I could in all my subjects? Have I got involved in clubs, charity events?

Mrs F Raleigh



Another busy Autumn term for Tollemache house. It has been very rewarding getting to know the new Year 7 students. Their talent and enthusiasm has been infectious throughout the school. During the Tollemache celebration assembly we had a tantalising taste of the We Will Rock You production, which is being performed after half term. In



Celebration Cream Tea

Heads of House launched their first ever Celebration Cream Tea on Friday 19th January. In our lovely Conference Centre during the afternoon students enjoyed a variety of scones, cream & jam, cakes and sweets whilst being served tea or coffee. Students were nominated for their outstanding commitment to learning as well as other aspects of school life, for being fantastic role models and for deserving a huge well done for all of their efforts. The afternoon session was spent relaxing and eating treats and then students were asked for their opinions on a range of school topics including how they can continue to motivate other students to get involved like themselves.

We hope this is the first event of many, so congratulations to:

Abbas:

Grace Hines
Frank Day
Ruby Roloff
Lauren Newstead
Caleb Baldwin
Keeley McSweeny

Peyton:

Esther Shrubsole
Millie Simon
Tilly Motts
Jessica Print
Kitty Fowles-Smith
Anna Robson

Chamberlain:

Megan Turner
Sophie Johnston
Maisie Young
James Pridige
Hollie Bromley
Charlotte Roberts

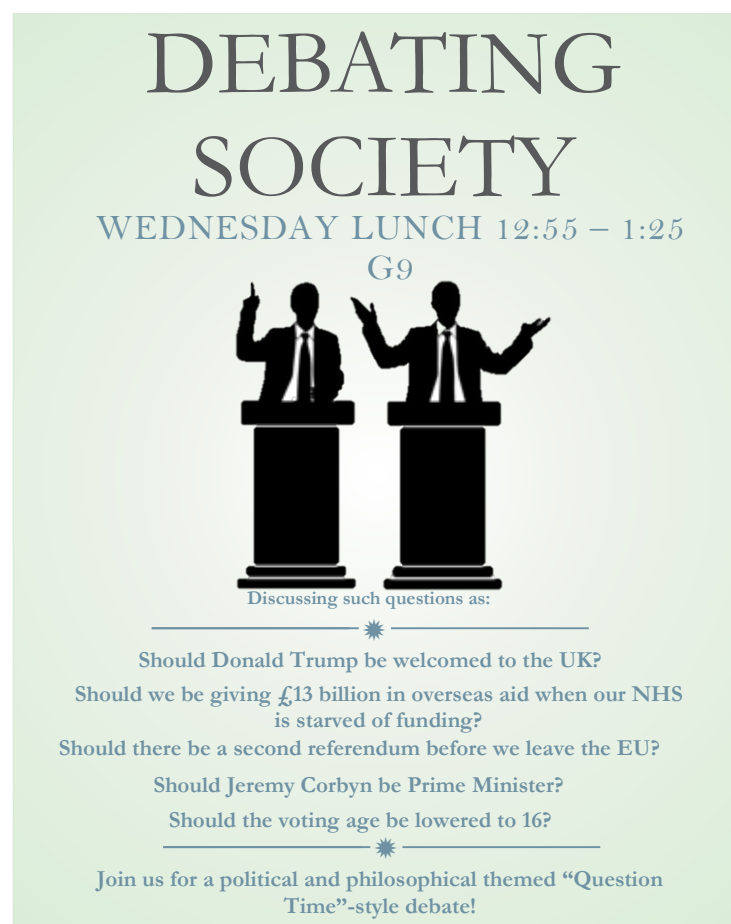
Tollemache:

Amelia Butters
AJ Simms
Harry Gregory
Fergus Dark
Barnabas Sandor
Isabella Turner

Houghton:

Logan Simpson
Courtney Ratcliffe
Davit Rickards
Ella Green
Caitlyn Smith
Molly Goldsworthy

Miss J Hilson





Mental Health First Aiders

At Easter last year, the Government announced the launch of a three-year programme of Youth Mental Health First Aid training, with the aim of having one qualified member of staff in each school. Here at TGS, we bid to be included in that first year of training. As a result, we are pleased to announce that in fact we have four members of staff who have now completed this training and are qualified Youth MHFA Champions, with the skills to spot the signs of mental health issues in young people, and guide them to a place of support.

The MHFA Programme is a tried and tested mental health literacy programme that has been running since 2000, and is now an internationally recognised training product that has reached over 2 million people worldwide.

The Youth MHFA training is a preventative programme that supports early intervention, helping to speed up recovery and improve outcomes. It gives key adults in a young person's life the confidence to have those supportive conversations and the knowledge to guide them to either a professional, or self-help supports as appropriate. It recognises that mental health is something that we all have, and that often, early intervention prevents a wellbeing issue from developing into a mental illness. Research demonstrates that early intervention is crucial to promote recovery, support early management of symptoms in a diagnosed mental illness, and ultimately in preventing a wellbeing issue from having a more profound effect on a young person's life. The courses promote wellbeing and self-care techniques so that young people can be helped to develop skills to manage their own wellbeing.

The training is not designed to teach school staff how to be therapists, counsellors or psychiatrists, and it does not teach staff how to diagnose mental health conditions. The role of the Youth Mental Health First Aider is to act as a point of contact and reassurance for a young person who may be experiencing a wellbeing issue, a mental illness, or emotional distress. The input could range from having a supportive conversation, signposting the young person to professional help, for example via the school nurse or GP, or guiding them to appropriate self-help resources.

Qualified Mental Health First Aiders

Here at Thomas Gainsborough School, we take mental health and wellbeing very seriously.

We have four members of staff who are trained Mental Health First Aiders.

If you are concerned about yours, or someone else's mental health, please speak to one of them.



Miss Davies
Learning Support



Miss O'Beirne
Learning Support



Mrs Martin
Student Services



Mrs Jackson
Student Services

Work Experience

Back in Year 10, nearly 3 years ago, I decided to start a week's work experience placement at PHD Chiropractic. I had originally intended to pursue my interest in physiotherapy, but a placement could not be found. I soon learnt that Chiropractic is the manipulative treatment of misaligned joints, specifically the spine.

This placement allowed my interest into this profession to develop and I found myself wanting to pursue it as a career. Unbeknown to me, this week long placement was only the beginning and I have been attending weekly work experience sessions with Dr Pippa Lane at PHD Chiropractic ever since.

I have now applied to three universities to study a Masters in Chiropractic. Having such a strong relationship with somebody who has already gone through the process has helped me massively. Pippa offered to write me a reference for my universities, which I found very overwhelming, and this has given me the confidence in my ability to go forward and become a Chiropractor.

I have also, unbelievably been offered a job at PHD Chiropractic once I have qualified. I could not be more

grateful for everything PHD Chiropractic has done for me, or stress any more just how important work experience is to all students.

Rebecca Judd



We then split up into smaller groups and rotated around the courtrooms. We viewed numerous parts of trials, from committals to sentencing and applications for bail. Overall, this trip was very informative because it gave us all an insight into trials and processes in court. The trip also inspired us to pursue a career in law by allowing us to experience the processes first hand.

Teia Yule



Law

On 18th January, the Year 12 Law class visited Ipswich Crown Court. During our visit, we had a presentation from Judge Overbury explaining how the courts were set up, as well as more about the judiciary system and his experience within the legal profession.

After this presentation, we were allowed to enter any of the five courtrooms to listen to the various hearings, so that we could experience the different branches of law to suit our tastes.



Prefects 2018/19



Miles McGrory



Harry Dixon



Megan Connal



Charlie Harvey



Bethany Mills



Connor Palmer



Jemma Slade



Isabella Richardson



Charlie Wright



Emily Smith



Teia Yule



Lydia Page-Wright



Daisy Hansell



Kyra Nel



Cody Boreham



Katrina Sparkes



Maria Grumann



Anna Morley



Beth Gerrish



Francesca Perkins-Taylor



Charley Richardson



Alex Weston



Lucy McLaughlin



Georgia Johnson



Nathan Dabbs



Amelia Moule



Jasmine Honeyball



Ellie Barrow



Our Sixth Form Prefects set standards for the rest of the School, in terms of behaviour and commitment as well as:

- * Helping the Sixth Form function as a cohesive group.
- * Taking a lead in extending the work Upper School students do with Lower School.
- * Representing Sixth Form views.

SPORTS NEWS

Ella Pearson

Ella has a very exciting prospect coming her way as she has the potential to play for GB in Macedonia in August if selected at the next camp for the final team of only 12 players! The England camp is taking place in May, so we wish her the best of luck at this camp, and keep practising through the off season!

Ella has also had success with her club side, as she was part of the Ipswich women's team who won the national cup, a great achievement for Ella and her team.



Cross Country

4 TGS students had qualified for the final round of the school's cross county, at Woodbridge School. A tough course with a very steep hill, and a fair amount of mud, but at least the weather was good today for January! All students tried their very best and we had some cracking results. Anna Robson was 38th; Anna had a good 1st lap but got a

18

stitch and dropped back a lot on the 2nd lap. Michael Gwyn was 28th; he had a cracking race and has the ability to be a great runner, a lovely, effortless style. Joe Robson had a good race and finished 10th. Drew Olley didn't have his best race after not feeling too well at the start, started strongly but sadly dropped off. However, both Drew and Joe have qualified to represent Suffolk in the Senior boys, at the Anglian championships in February at a course he knows well, Royal Hospital School, Ipswich. Well done to all and good luck Joe and Drew!



Basketball

The Year 7 team is a very dedicated group of individuals that always train and put in high levels of effort.

They have had 2 games in the past week, the first against Thurston. We started slowly and took our time to get into the game but as the game went on TGS started to look the stronger and pushed on to win the game 21-18. A great team performance by all and a great result.

The second of the games was against Westley who are very strong. The game started with TGS looking the better side, scoring early and pressing hard resulting in Westley making errors. As the game went on both sides had chances and the game was very very close. It came down to the last 10 seconds of the game, TGS scored to level the game but Westley reacted quickly to drive straight to the other end and score just before the final buzzer meaning TGS lost 20-18. The team is getting better and better with each game: stand out performances from Noah Worley, Elis Mehmeti, Lleyton Chubb and Harry Mullan.



SPORTS NEWS

Badminton

On Friday 26th January the following students represented TGS at the Badminton County finals at the Woodbridge School: Niamh Bailey, Celest Barthropp, Olivia Ford and Evie Prager. The county finalists teams were split into two groups where we played Copleston and Sir John Leman, which was also the tougher of the two groups. Each match consisted on 5 games including two single games and three double games. We played Copleston first when the girls played fantastically and won 4 out of the 5 games. Then we played Sir John Leman which was really tough and came down to the last game, where we were victorious and therefore won 3 out of the 5 games. This meant we won our group and in the next stage were playing the winner of the other group, East Bergholt. This match was going to determine who came 1st or 2nd in the county. The girls all played extremely well and fought for every point. Once again we went into the last game tied, so it was down to Olivia and Celeste to get us through and once again they produced the goods and won the game. As a result the girls are now County Champions and have qualified for the Regional Finals on 19th March to be played at Breckland Sport Centre, Thetford. We are incredibly proud of the girls and wish the girls the best of luck in the regional finals. They have committed to train once a week at 7.30am to make sure they are

at the highest possible standard ready for the Regional Finals, highlighting the commitment they have to TGS. Well done girls!

Indoor Athletics

On Tuesday 9th January we took 15 Year 8 students to Thurston Community College, to represent TGS at the Western Area Indoor Athletics Competition. In total there were 6 track and 5 field events. We had an incredibly positive start where both the boys' and girls' teams won their obstacle relay, and we knew we were in a very strong position from here. After this event the girls competed in their field events and the boys their track events. After this was completed they changed over. There were so many outstanding performances. Just a few to mention: Tilly Motts won her 6 lap race by 10 seconds and Joe Griss threw so far in the Shot Putt he hit the wall and won his event by over 3 meters! The atmosphere at the event was fantastic; all the pupils were cheering their team mates on, which gave everyone a boost when competing. Overall, the students did incredibly well and the girls' team ended up coming first in two events out of the entire competition. As a result, both the girls' and boys' talented team are through to the County Final on Friday 2nd February. We wish them the best of luck at this event and can't wait to see how well they get on.

Netball

Thursday 18th January 2018 Years 7 and 8 had a netball game and they both won games. They played really well and the final score was 5 - 0 for the Year 7s. This is one of the only games we have won as a team and it was unfortunately the last game of the year but we left it with a win. More and more students are now coming to netball which is great. Also so many people are coming to go to the Italy trip where we will learn many new skills and tricks.

Tamika McKnight
(current Year 7 captain)

Our game against Sybil Andrews was a brilliant end to the netball season. We scored a 6-3 win and played an excellent and tough match. They were a very strong team who have beaten us in the past but we have shown great improvement after our weekly training sessions where we have developed our game tactics and skills. Both the first and second half of the match were extremely close, however our shooters managed to score goals under pressure of the opposing team's defence. Every player on the court gave their best effort with no subs to swap in, meaning we were extremely worn out by the end! However we were very pleased with the result which will set us out for the many training sessions ahead before next season.

Chloe Ecuyer Year 8

SPORTS NEWS

PE Extra Curricular Programme: Spring 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 1.00 – 1.20pm		Dodge Ball- Year 7 & 8 (only trainers needed) BRI/ RMY			
After School 3.20 – 4.15pm	Year 11 GCSE Intervention NBU/ RMY Year 11 BTEC Intervention BRI Year 10 BTEC Invention CRB	Badminton- All Years Sixth formers GCSE Year 10 Group RMY	Hockey- All Years DCH Girls Fitness Club- All Years NBU Girls and Boys Basketball- Year 7 & 8 VBR/BRI	Netball KS3 CBR/ VBR Ski Fit NBU	Cricket- All Years WLL/MGI/WPO Trampolining- Invite only CBR Dance- 7&8 Kyle and Georgie Running Club- All Years Lisa Dalton A&P A Level Intervention BRI
After School 4.00- 5.30pm	Fitness Suite Sport Centre Staff (4.00pm)		Fitness Suite Sport Centre Staff (4.00pm) PE Meeting (4.30)	Fitness Suite Sport Centre Staff (4.00pm)	



Italy tour 2019

We are excited to announce a football and netball tour to Italy Easter next year between the 13th-19th of April. The purpose of the tour is for the students to experience professional coaching and fixtures in both sports alongside providing valuable cultural experiences. The trip will consist of 2 coaching sessions per sport, a local fixture for footballers, netball tournaments against UK opposition and a day trip to Venice. Aside from having access

to brand new training facilities, students will experience extra training sessions led by staff, access to an on site beach and the opportunity to use a 25m indoor pool/on site water park. Additional evening activities will also be provided.

The cost of the trip is £600, includes travel via coach to and from the resort, accommodation, food, a day trip to Venice and also high quality training kit which can be worn in PE lessons on return.

If you are interested in the trip please collect a letter from student

services or PE. The deadline for the return slip attached to this letter is the 5th of February. Following this, a parent information evening will be held on 7th March at 6pm in the main hall for successful applicants. An £100 deposit will be required by 12th March. Further payments will be arranged in instalments.

Miss C Byran

SPORTS NEWS

Sport Tours



activ
school tours
Beyond The Classroom

School Group: Thomas Gainsborough School
Party Leader: Charlotte Bryan
Date: 16th January 2018
Reference: TGS/D08/ISF/AH6

Sample Itinerary

Destination: Italy

Day 1 Depart from school and head to Dover where you will cross the channel to Calais travelling overnight to the town of Lignano Sabbiadoro. Make sure you take your favourite DVD's with you to enjoy throughout the journey!

Day 2 On arrival at the Bella Italia Village, the Activ4 team will assist you with check in to ensure that there are no problems. This purpose built sports resort is a perfect location for school groups. Set in 40 hectares of pine forest it also has over a kilometre of its own beach. As with all areas of Activ4 programmes, evening entertainments will be carefully planned for your group.

Day 3 Your group will start each day with a buffet breakfast before heading out for the day's activities. Coaching sessions will commence in the morning, there are three football centres, four basketball courts, a spectacular indoor stadium for netball and an Olympic swimming pool. Our professional and experienced active coaches really know how to make the students and your first session is sure to excite them all. The first before get underway in the afternoon or early evening and where possible it's always a bonus for teams to watch each other play. In between sessions groups can enjoy relaxing at the onsite water park or have a relaxing swim. Round off your day with a traditional pizza night in resort.

Day 4 Spend today in one of the most unusual cities in the world, the wonderful city of Venice. The city and the lagoon are listed as a world heritage site. You will start by taking the 20 minute crossing by water taxi and then over the bridge to St Mark's Cathedral which will be your meeting point throughout the day at St Mark's Square. The Basilica di San Marco is a beautiful cathedral dating back to 825 and worth a visit, as is the Rialto bridge which has been built, fallen and rebuilt several times until it's completion in 1591. There is also the bridge of sighs that connected the Doge's Palace to the new prison and the ancient bridge is said to have muffled the cries of the prisoners! You will enjoy some shopping time where you can pick up a traditional Venetian mask and enjoy an Italian coffee in one of the many cafes. You may opt to finish your day in Venice with a ride on a traditional Gondola cruising along the Venetian canals. Back from a busy day of culture it might be just the opportunity to change pace and hit the beach. Those not wanting to relax on the sun beds might find themselves down to one of the 15 beach volleyball courts. Alternatively you could have a walk into town.

Day 5 Back to sport this morning with your final coaching session where our coaches will help the students prepare for today's games. Prior to departure your tour manager will discuss the format and the standard of opposition required in order to get the most out of your tour. The students will have experience to their surroundings and will be keen to put in a good performance later on in the day for the final fixtures and tournament finals. As it's the final night what better way to round off your tour than with a Presentation Night and Dinner which will be hosted by the Activ4 team, so tonight everyone will gather together for the final celebrations and farewell.

Day 6 Unfortunately all good things come to an end and today you return to the UK. After breakfast it's time to check out and board your coach for the overnight journey home.

Day 7 On arrival in Calais you will set sail to Dover and travel back to school. The tour officially ends when you get back to the UK, but with a tip this great we are sure that it will live long in the memory...



Destination

Lignano Sabbiadoro

The historical centre of the Lignano peninsula, Sabbiadoro, has beautiful blue flag beaches, a picturesque marina and a pedestrianised centre which is home to stylish shops, restaurants, ice cream parlours and bars. There is even an amusement centre with arcade games and rides to keep them entertained.

The delights of Lignano Sabbiadoro are easily reached by the pedestrian walk way at the Bella Italia Village and the beach promenade making the resort yet another enjoyable feature of your stay.

The Programme

The **Activ4 School Tours** sports programmes in this spectacular region of Italy has been created because of the quality of the sporting infrastructure that exists at the Bella Italia Village. As you would expect we have excellent relationships with local football clubs for boys and girls as 'Calcio' is almost a religion, but not only that there are well organised rugby clubs, basketball clubs and we stage netball tournaments here during key stages of the school year.

Quick Facts

- Nearest Airport: Venice Marco Polo
- Other airports: Treviso, Trieste
- Venice: 100km
- Udine: 60km
- Time difference: 1hr
- Currency: €



Hotel

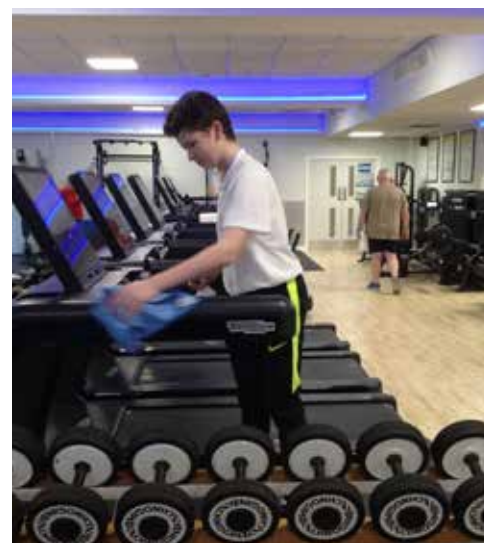
Bella Italia efa Village

This self contained sports resort is the best of its kind on the market. Sports trips here are offered exclusively by **Activ4 School Tours** and benefit from the wonderful surroundings, international standard sports facilities and a blue flag beach and its own water park!



CAREERS CAREERS CAREERS

Since starting back at school after the Christmas holidays we have seen a steady stream of students coming through the Careers Hub. On Thursday 18th January West Suffolk College Employer Workshop was well attended by students interested in college. The workshop included a power point presentation explaining college life and the courses WSC offers. It ended with a question and answer session.



Work experience is in full swing again with 11 students completing their work experience during the first three weeks of the new year.

We have been working with Year 10s to complete their CVs and Letters ready for their mock interviews in March. Many thanks to the English and IT departments for working with us on this. We have been really pleased so far with the completed work.

Hannah McGrath-Wells and Louise Brice: Hillside Special School

Finley Paul: Stoke By Nayland Gym

Kaitlyn Wright: St Gregory's Primary school

Caleb Baldwin: Huffers

Rosie Maguire: British Transport Police

Alex Ray: Number 72

Otis Belcher and Liam Brabrook: Bikes for Africa

Lewis Weavers: Konings

Daniel Vaughan:

Wincer Kievenaar

On Thursday 25th January the RAF came to TGS to speak to students who are interested in a career in the military forces. Again this was well attended.

On 5th December as part of the Enrichment Day, we asked Year 7 students to design a poster advertising the Careers Hub and all the opportunities and advice we offer to students.

The winners are:

1st place: Keely Webster

2nd Place: Erin Markwood

Joint 3rd place: Ruby Spooner and Carys Preece

These students will receive 10 merit points and a certificate for their ROA folders.

The students have really embraced the opportunity to go out into the workplace and all received glowing reports from their employers.

Well done!

Mrs B Baker
Miss K Perkins



CAREERS CAREERS CAREERS

Year 7 & 8 Half Colours Award

Excellence Awards Year 7 and 8

Progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Employability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creativity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
TGS 50	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Name _____



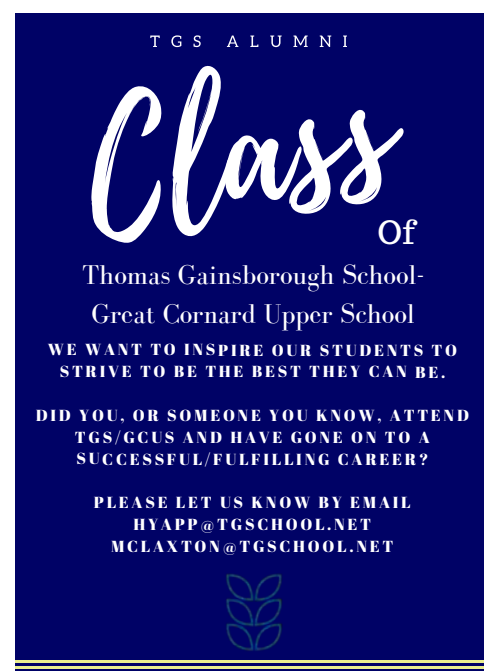
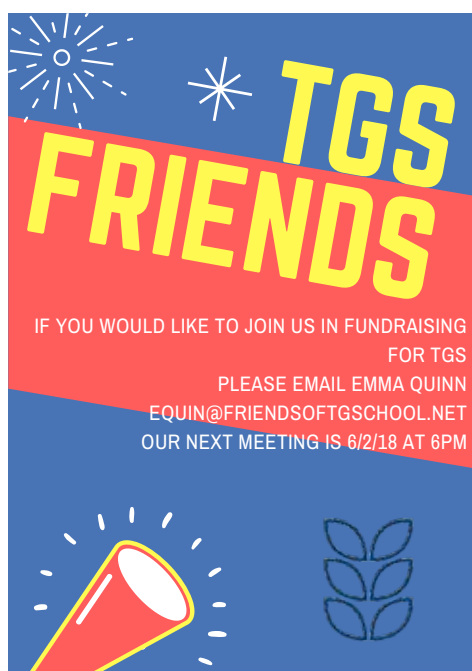
TGS Values	Employability words	Tracking your Employability Award
Respect	Appreciation Politeness Recognition Courtesy	
Resilience	Flexibility Determination Adaptability Motivation	
Honesty	Reliability Trustworthy Sincerity Dependability	
Positivity	Success Enthusiasm Eagerness Willingness	
Happiness	Empowerment Empathy Contentment Excellence	
Confidence	Networking Presentation Courage Self Esteem	
two annotated pieces of evidence in each to receive your award		

Collect your Excellence Ribbons in preparation for Graduation in July.

Community
Sports
Employability
Creative Arts
Academic Progress



DATES FOR YOUR DIARY



NEW OPENING HOURS



GIVING YOU EXTRA VALUE TO YOUR MEMBERSHIP

FROM THE 1ST FEBRUARY WE ARE OPEN EVERY MORNING
ASK A MEMBER OF STAFF FOR DETAILS



Spring Term 2018

Monday 8 January – Thursday 29 March 2018
Half Term: Monday 12 February – Friday 16 February 2018
Non Pupil Days: Friday 5 January 2018

Summer Term 2018

Monday 16 April – Tuesday 24 July 2018
Half Term: Monday 28 May – Friday 1 June 2018



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If you would like to visit us it would be our pleasure to show you around. Please contact us on 01787 375232