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Praise for Arden

We recently welcomed an Educational Inspector to Arden. During his four day visit he attended a number of lessons, spoke to pupils across all year groups, as well as staff.

He had this to say about his findings:

“This is one of many visits I have made to Arden and I have never known it to be in better shape. Students make outstanding progress because they are taught within a culture that is geared up to promoting achievement and personal responsibility”.

Solihull Civic Honours Award

The Ardenaires performed at the Solihull Civic Honours Awards ceremony earlier this month. A spokesperson for the event had this to say about the performance; ‘I want to thank the fabulous students for their amazing performance last night at the Solihull Civic Honours Awards. It was greatly appreciated and made a massive contribution to the success of the evening. The talent of the musicians at such an early age is always a joy to hear and I know the whole audience were very impressed. In addition the students were delightful.’



Restart a Heart Day

Year 7 pupils took part in the Restart a Heart initiative this month. On Monday 16th October we were visited by a number of paramedics and other medical professionals who delivered CPR training to all Year 7 pupils.

Restart a Heart Day is an annual initiative which aims to train as many people as possible in CPR in one day, so that more people know these life saving skills. Statistics currently show that if you suffer an out-of-hospital cardiac arrest in the UK you have less than a one in ten chance of surviving. The Resuscitation Council (UK) along with the British Heart Foundation, British Red Cross and Ambulance services across the UK have developed this project as a commitment to changing this statistic.

The Year 7 pupils showed great maturity and were praised highly for their behaviour and efforts during the sessions. Following the work with Year 7, Year 12 students and staff who missed the training last year were invited to attend workshops.

We would like to thank everyone who gave up their time to work with us to deliver this vital training.



Year 7 English

Mrs Lapworth's Year 7 English class have been reading a variety of famous children's stories and have had the opportunity to make their own books aimed specifically at under 5s. The class followed in the oral tradition of performing each story using sound effects, music, actions and even some pop out features which all added to the overall enjoyment. These stories are available to read in the school library with titles including: Betty's Adventure in Tesco's; Glucose - the Alien; Perry Pig and Timmy the Tiger. Students were challenged to use a selection of new literary techniques, in order to engage their reader and they were extremely successful.



Featured:
Jack Compton
Jacob Taylor
Jack Bucknall

Digital leaders

Will Topham-Steele (as part of the Digital Leaders) has made a sign that is going to be used at Parents' Consultation evenings. With the help of D&T, he used a laser cutter and the sign lights up. Its purpose will be an Apple Genius Bar type stand that the Digital Leaders will man to help parents who have any questions about Google Classroom.

Look out for our Digital Leaders at the next Parents' Consultation Evening!



Year 13 Geography Fieldtrip to North Wales

A few weeks ago, 16 Year 13 students, Mrs Fallis and Miss West set off in the mini buses for a three-day field trip to North Wales. The new Geography A Level now has four days of fieldwork as a compulsory component and students have to produce a 3000-4000 work geographical enquiry, based on their own data collection. This must be written up as a full investigation report and forms 20% of the final A Level grade.

They stayed at the Kingswood Field Centre in Colomendy and carried out a full day's field work at the coast, examining beach profiles, sediment size, longshore drift and coastal management. They also spent a day in Liverpool, assessing the impact of the urban regeneration around Liverpool One and analysing the variation in socio-economic factors in different parts of the city.

As well as working hard, however, they also managed to have a bit of fun and enjoyed the field centre's caving, 3G swing and problem solving activities.

Although an exhausting experience, the trip has provided an excellent opportunity for the students to develop their own hypotheses, either in Human or Physical Geography, and has given them a great start to the Individual Investigations.



Student congratulations

Congratulations to Rhys Edwards in Year 12 who has been selected to participate in the National Youth Brass Band following a rigorous audition process. This prestigious band is the leading brass band in the UK for children and teenagers and aims to provide talented youngsters with opportunities to play brass music to the highest standard.



Precious Lives

Year 10 and 11 students experienced a powerful presentation from PC Rob Pedley MBE earlier this month. The Precious Lives project has been running since 2011 and aims to divert children away from violent crime and gang culture. The project teaches young people about the importance of choices and has now reached over 100,000 teenagers across the West Midlands region.

The students found the presentation valuable, informative and emotional. We are hoping to be able to invite Rob back to Arden later in the year to speak to some of the younger students.



Year 7 Visit to Walsall Art Gallery

Year 7 recently visited the New Art Gallery in Walsall. During their visit they had the opportunity to work with artist Rob Conway to produce three murals inspired by the work of Sir Quentin Blake. This was part of the Big Draw festival which takes place worldwide throughout October and aims to unite pixels, pencils and people from across the globe to celebrate the universal language of drawing.

The pupils really enjoyed their experience of visiting the gallery:

"I thought it was very fun and inspiring... my favourite part was when we went into the Quentin Blake room and looked at his drawings because they were really imaginative and funny." - Olivia Cannell (7N)

"My favourite part was the room inspired by Turner because the skies were very interesting and impressive, especially *Fishermen at Sea*". - Matthew Swales (7R)



Artist Rob Conway with the work produced by our Year 7 pupils during their visit.

Year 10 Catering students

Year 10 Catering students were treated to a visit from professional chefs and representatives from UCB this month. The visit was part of the launch of the Young Chef of the Year competition.

The students worked well together to produce a delicious spiced cauliflower, chickpea and maple salad with coconut sauce.

Chef David Colcombe commented that he had had a 'brilliant day working with a great group of enthusiastic students'. We hope that some of our students have been inspired to enter the competition following this experience.



Progress Coaching

This is a reminder that there are two Progress Coaching sessions taking place this half term. The dates are as follows:

- Year 11 Wednesday 15th November
- Year 10 Tuesday 21st November

On these days all other year groups will start school at 9:05am. Students should arrive at school around 9:00am and go straight to their Period One lesson.

For the year group being coached, the session starts at 8:40am.

One of the strands of ArdenAIM is 'Excellence'. Tying in with the Arden Values, this aims to highlight and celebrate some of the astounding achievements made by Arden students, in a range of different activities, outside of school.

We are very proud that a number of our students have received recognition for their outstanding talents in the arts and in sport at local, national and international levels. They are truly inspiration role models.

Every month, we shall be shining the spotlight on one of our students under the Excellence banner to find out exactly just what it takes to excel in their field and to achieve such success.

Caitlin Hubbard (Year 12)

Caitlin is an incredibly talented swimmer. In 2015, she won a silver medal in the European Youth Championship, in the 4x100m medley relay. Specialising in the 100m and 200m Butterfly events, she commits a huge amount of time and effort to her sport, as shown in the following interview:

When did you first realise that you were such a talented swimmer?

I first started swimming competitively with Solihull Swimming Club when I was 8. From there I was 'spotted' by Birmingham Swimming Club, with whom I started swimming at the age of 9. I have progressed through their squads since then.

How much training do you have to do?

I train 9 times per week, which works out at about 24 hours a week. It sounds like a lot, but it has built up gradually over the years, so it just feels normal to me.

Describe a typical day.

I do morning training on a Monday, Wednesday, Thursday and Saturday. I get up at about 4am and have to eat my breakfast in the car on the way to training. The training session runs from 4.45am-7.00am. Unless it's Saturday, I then have to get ready and leave for school as soon as I get back. I also train every week day from 4.30pm until 7.00pm. I get home at about 7.30pm, eat and then get on with school work until I go to bed at about 11pm.

Where do you train?

My training is in a number of pools around Birmingham. I get to use the new pool at the University, but some of the pools are not as nice and are quite a long way away. It can be a bit of a nightmare in the rush hour. My parents have to drive me to training. I owe them a lot; they can't wait for me to start driving!

Wow.... Apart from that incredible time commitment, what else do have to do?

I have to be careful about what I eat and steer clear of rubbish food. I need to eat healthily and I need to eat quite a lot! If I am preparing for a competition, I need to reduce my carbohydrates to make sure that I am bit lighter, as this helps me to swim more quickly. I usually do about three big competitions a year.

What is your Personal Best?

For the 100m Butterfly, it is 1m 1.85s and for the 200m, it's 2m 15.67s.

Who is your Swimming inspiration?

A girl called Jazz Carlin. She is an amazing swimmer and was absolutely certain to be in the squad for the 2012 Olympic Team. Unfortunately she got injured in the run up to the games, so couldn't compete. She was absolutely devastated, but instead of giving up, she carried on training and was determined to be selected for the Rio Olympics. To keep up that motivation for 4 years is incredible. In the end, she won two silver medals at the games.

What is your motto?

100%, all of the time.



Sports News

For all the latest news about all things sports related don't forget to follow the Arden PE Department on Twitter

 @ArdenPE

Football

Personal Success

Massive congratulations to Year 9 pupil Poppy Pryor who has been picked for the Midlands U15s Football team.



Recruiting New Players

Knowle Ladies FC are recruiting new players. If you are interested in finding out more information about this opportunity then have a look at the poster on the fixtures board down in the PE department.



World Championship Dragon Boating

Two Arden students achieved World Championship success recently. Year 11 students David Blackmore and Michael Dacombe were selected for the GB Under18 Dragon Boat Squad along with paddlers from around the UK and have been training hard since last September. In July the boys took part in the 13th International Dragon Boat Championships in France near Lake Geneva. The squad won 1 Gold medal and 3 Bronze medals. This was a fantastic achievement for the whole squad, not least because this is the first time that the GB Under18 squad have won Gold at a World Championship.

David and Michael travel from Solihull to train and race with Pershore Phoenix and the event signalled David's first venture into international racing. Michael also competed in Rome last year.

Enormous congratulations to David and Michael!



Netball

Our Year 8 and Year 11 Netball teams have got the year off to a great start with wins against Lode Heath. Year 11 came in 6-5 winners and Year 8 won 11-5. Well done to all the girls.



The Year 8 Netball Team

Rugby

There have been some fantastic Rugby results this month.

The Year 7 boys showed a lot of promise in their first game of the season. They worked hard for a 5-5 draw against King Edwards Five Ways. Well done to all of the boys, especially those playing in their first ever game.

In the same round of matches the Year 9 team were superb 27-7 winners against a big King Edwards Five ways side. They also followed this up later in the month with a 25-0 victory over Tudor Grange.

The Year 8 team suffered a 5-2 loss in their game against King Edwards Five Ways despite a battling performance. They showed great resilience and followed this up with a fantastic 50-0 win against Tudor Grange.

Year 10 have also had success with a 53-12 win against Rugby School In the NatWest plate. Well done to all the boys involved!



The Year 7 Rugby Team

Alumni News

Katie Stainton

We were delighted to hear that former pupil Katie Stainton has been selected as part of the Commonwealth Games England Athletics Team for 2018. Katie will compete in the Heptathlon alongside World and

European indoor medallist, Katarina Johnson-Thompson.

Sarah Winckless, Chef de Mission for Commonwealth Games England, said, "We're incredibly proud to be announcing such a strong athletics team for the Gold Coast 2018 Commonwealth Games. We're putting forward some of the best athletes in the world and we're confident that

we will be sending the most prepared English team to Australia next April."

What a fantastic achievement for Katie to be named in such a promising squad of athletes. We look forward to hearing how she gets on next year.



Request

If you have any beanbag chairs that you no longer use, we are looking for donations to use in our Mindfulness sessions. Please drop any donations in to reception for the attention of Miss Brennan.

Uniform Reminder

As the cold weather begins to bite, we would like to remind parents and students of the uniform rules for coats and scarves:

- Pupils may wear an overcoat which is completely plain and of a single colour, without pattern or obvious motif.
- Scarves must be Plain black or bottle green.

Thank you for your support on this matter.

Important dates for November

1st/2nd/3rd November	Year 9 History - 'Tommy Days' (In Form groups on different days)
Wednesday 1st November	Arden Local Governing Body Meeting
Saturday 4th November	Arden PTFA Fireworks Event
Tuesday 7th November	Senior Maths Challenge (Invitation only)
Thursday 9th November	Year 9 and Year 11 - Careers Information Evening for students & parents (Organised by The Rotary Club) (6.30pm-8.00pm)
Wednesday 15th November	Year 11 Progress coaching (8:45-9:05); all other Years start at 9:05am
Thursday 16th November	Year 12/13 Economics Conference - Solihull School
Friday 17th November	Presentation Evening for all former Year 11 and Year 13 students & parents/guardians (7.00pm)
Tuesday 21st November	Year 10 Progress coaching (8:45-9:05); all other Years start at 9:05
Wednesday 22nd November	Principal's Drop in (8.45am-9.30pm) and (4.15pm-5.00pm)
Thursday 23rd November	Sixth Form Open Evening (6.00pm-8.30pm) <i>* School closes to all students at 2.15pm No parking on school site</i>
Tuesday 28th November	All Years Parents Meeting – Online Safety (7.00pm)
Thursday 30th November	Year 10 Parent Consultations (2.45pm-6.30pm) <i>* School closes to all students at 2.15pm No parking on school site</i>
Monday 27th November to Friday 8th December	Year 11 Mock Examinations