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## Student Voice

"I made a hummingbird"

"I am very grateful to Mr Simpson for this opportunity"

'This project challenges people with leadership skills and teamwork.'

'It brings people together as one.'

I enjoyed Taskmaster because it makes us think out of the box

The Wellbeing Day was very calming.

# Ad Altiora News

ENRICHMENT WEEK EDITION

JUNE 2023

## What is Enrichment Week?

We enjoyed another fantastic Enrichment Week this year with a wide range of activities taking place. The aim of the week is to provide activities that enrich our students' experience and help develop their character.

The students' highlight was undoubtedly Drayton Manor. We also enjoyed Competition Days, Taskmaster Days and Wellbeing Days. We were also pleased to welcome former student Sophie Koumides, to present her performance of "Women who changed the world".

Massive thanks to the team that put this special edition newsletter together under the watchful eyes of Mrs Hodgkinson and Mrs Hale.

Year 9 creating a new ball game as part of the TASKMASTER CHALLENGE



Origami Pikachu

Mr Hill on Monday Period 1 was doing the Be-Active part of the Wellbeing Day and had this to say: "I enjoyed the Be Active session!" He completed this with his form, 8N. Mr Gonzalez, Period 3, was completing the origami session with his form, 8S, where they were all "having a blast" making paper Pichachus'.

## This special edition of the Arden Newsletter has been written by the 'Enrichment Magazine' group

*A small group of students elected to work with Mrs Hodgkinson and Mrs Hale to create a newsletter documenting and celebrating the Arden Enrichment Week 2023. You can find their bios later in this document but I'd also really like to thank other people who (some inadvertently) became part of the team! That's Miss Smith (English); Miss Rushton and Sophie and Tali from Y13 who joined us straight after finishing their A levels. We REALLY appreciated your help folks—we couldn't have done it without you.*

Mrs Hodgkinson and Mrs Hale



Arden is part of Arden Multi Academy Trust: Chief Executive Officer, Mr M Murphy and Executive Headteacher, Mr D Burgess



## Meet the team...

Ella Perry has enjoyed writing and chewing peoples' ears off with random facts for around fourteen years, and making too many musical theatre puns. As a professional idiot, she can find a way to weave a Heathers reference into any sentence imaginable, because it's Big Fun.

To read an article written by Ella is to resign yourself to worlds of pain and broken humour, peppered with a grounded fact here and there; although unable to remember a simple maths equation, Ella speaks fluent sarcasm and enjoys bringing a level of insanity into any place she sets foot in.

**Edith B is a weird 12 year old; her hobbies are singing, gaming and drawing.**

**When Edith grows up, she wants to be an actor in various films and plays (a pantomime would be nice too: after all, your dreams are only behind you). She also enjoys making stories which contain, for some reason, chronic levels of romance and would like to perhaps one day publish graphic novels or comics. She would like a YouTube channel someday (she has a lot of dreams).**

**Edith is very interested in feminism (so watch out for some "humankind" sort of phrases). Edith really likes Japanese music, food and anime, and enjoys mythology from all over the world. She has also BEEN to Japan and really enjoyed it. Despite this her favourite meal is a full English breakfast. She loves art, music and drama- and of course talking about herself but you already knew that :-)**

Emily Cox is funny (you can ask any of my teachers). I enjoy playing hockey and competing in athletics competitions for school and for my club. At school, I do many clubs. I am often asked "How do you have time to do anything else?" In reality I don't! I love animals and especially love dogs and cats, it is paw-sitively pawsome!

I am also the form captain for the amazing form 8N, as you can guess I am also an Enrichment Week journalist and my favourite subject in school is Maths (sorry Mrs. Hodgkinson). I read many books and once I get into a book, you will find it difficult to get my head out of one. All I can say is reading is a novel idea. I know that I always look forward to Enrichment Week, usually for Drayton Manor, but this year I am excited for the range of activities going from Origami to Taskmaster.

I have always enjoyed the thought of writing, I see it as a chance to express my views on certain issues or events. Since I joined Arden in 2021, I have loved all of my teachers and what I have done throughout my time.

**Hi, this is Ava Ho in Year 7 talking and I migrated to England for a while. I miss Hong Kong and do you know what I miss the most? The food.**

**There are different types of food in Hong Kong because there are lots of different cultures combined together. There is Thai cuisine, Chinese and Cantonese cuisine, American cuisine, British cuisine etc. My favourite food is Cantonese style fried rice and it tastes really nice, salty, and it smells wonderful.**

**I also have lots of hobbies: I love drawing, kickboxing and tennis, but I like reading the most, once I read for at least 5 hours. Believe it or not, I've been reading since I was in my Mum's tummy. I adore the library in Arden Academy because the library feels like home, even the air smells nice. A bit weird, isn't it?**

## Teaser: Scotland pics!





## Meet the team...

Ren Watts is in Year 9 and Ren loves reading crime novels but so does their sister so they are always afraid she will steal them. Ren also loves helping out at the disabled swimming group. But on a Monday night, it can throw them in the deep end. Their favorite band is the Beatles, Ren listened to them yesterday. They often like to ride their bike, but Ren is always trailing behind their dad. Ren struggles with their Music lessons. Not everybody gets the random tapping of a keyboard. Incredible, right? Ren loves to write because they personally believe that writing is an amazing way of communication because it reduces the feeling of stress, and it can help you to relate to other people.

Ren feels that Art is an amazing opportunity to create something expressive and imaginative that allows them to make something that represents their personality. Art is Ren's favorite subject, along with English. English allows Ren to be structured and placed in a fixed position. They feel that Art and English are very different from one another which is a good thing as it allows them to explore different ideas.

Karlott's favorite type of music is Japanese particularly 壊レタ世界ノ歌, he listens to it every time while he is working.

Karlott was not born in the UK: he was born in Hong Kong. He moved to the UK because education in Hong Kong is old fashioned since it has too much rote learning; too much assessment and too much homework! Now, Karlott is studying in Arden, he is quite enjoying school life, he meets different people, learns different things, and is making a lot of friends.

Yana has spent too many years of her life on stupidity; however, she has no regrets, possibly because she does not have enough brainpower to do so. She's horrible at talking to people but deals with it, because that's what life is nowadays.

Yana often makes unnecessary jokes, sometimes out of place, however she manages to crack people up anyway. She can take things seriously but still tries not to giggle every time she comes across something serious; she will be trying hard not to spend this week of journalism compulsively giggling.

## Our amazing students on Work Experience.





# Life In The Fast Lane



## Year 9s Epic Charity Cycle Ride

On Wednesday 21st June, 12 Year 9s set off on their 100km cycle ride, trying to raise money for 'Teenage Cancer Trust'. Staff on the trip included Mr Fletcher, Mr Dhaliwal, Mr Singh, Mr Cole, Mrs Hyde and Miss Blenkinsop (who was there for moral support).

They started in Knowle at 7:20am and got back to school at around 5:00pm. From Arden they went through Kenilworth and then to Hatton, where they had their first stop at the Hatton Arms where they had a quick picture break. Then they had from the Hatton Arms to Wellesbourne, from which they continued to Stratford-upon-Avon for their next break. After this they passed Sambourne Lane and then they were then on their way back to Arden where they were greeted by a horde of staff and parents, all of whom were cheering and clapping. Mr Singh said "They all worked really hard and finished it well after a long day of work!"

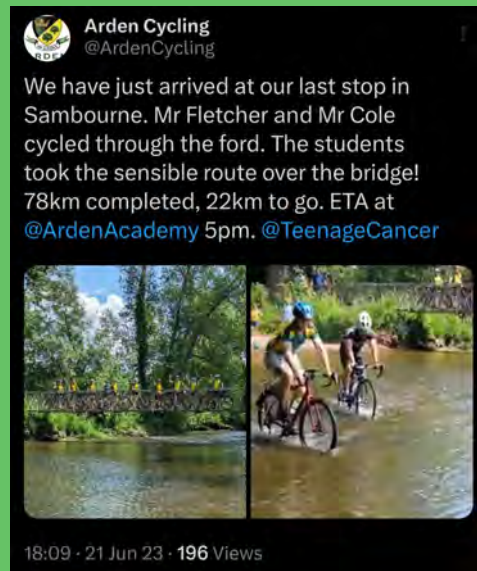
This trip is amazing for those who want to develop their leadership skills as the cyclists are split into 4 groups of 3 and they all take turns leading the group, through navigation and checking in on them.

As mentioned earlier, the money raised goes towards 'Teenage Cancer Trust' and so far they have already raised £4,223! This is huge when compared to their goal of £5,000 because they still have 3 weeks to reach that goal.

If you want to donate, go to [www.justgiving.com/team/y9arden2023](http://www.justgiving.com/team/y9arden2023)



Emily Cox







# Life In The Fast Lane: Another Point of View



Mr. Fletcher shared his experience on the cycling day.

On Wednesday at 7.20am, twelve Year 9 students and Mr. Fletcher, Mr. Cole, Mr. Singh, Ms. Blenkinsop, Ms. Hyde and Mr. Dhaliwal started their cycling journey at Arden Academy.

This cycling day has run every year since 2018 and it was a 100km charity ride for Year 9 students raising money for Teenage Cancer Trust. Mr. Fletcher had a smile on his face while saying: "I really enjoyed cycling in the countryside and seeing local villages and the community." Mr. Fletcher also said he liked getting to know the students and staff more.

According to Mr. Fletcher, the staff and the students went past Balsall Common, Kenilworth, Watton, Wellesbourne, Stratford Upon-Avon and Studley before cycling back to school at 5:00 p.m. While going up the hills, teamwork was necessary: everyone helped and gave little boosts to each other while trying to control their bikes. Everyone was very positive and Mr. Fletcher was very impressed by that. He told us: "I was very proud and happy and it's really nice to see the students paying attention."

It looks like the Year 9 students **'handled'** it very well.

**Arden Cycling** @ArdenCycling · 1d  
The @ArdenAcademy year 9s have completed their 100km bike ride in aid of @TeenageCancer. The students were fantastic throughout. They've already raised over £3,800! If you'd like to donate, you can do here: [justgiving.com/team/y9arden20...](https://justgiving.com/team/y9arden20...)



2 replies · 6 retweets · 19 likes · 1,991 views

**Teenage Cancer Trust** @TeenageCancer

Replying to @ArdenCycling and @ArdenAcademy

What an achievement! Thank you so much to everyone on the Arden Cycling team for taking part and fundraising such an amazing amount of money ❤️

8:38 · 22 Jun 23 · 10 Views

**Arden Cycling** @ArdenCycling

12 students from Arden Academy set off this morning to complete a 100km bike ride to raise money for @TeenageCancer. Weather is perfect



7:38 · 21 Jun 23 · 1,206 Views

# SCOTLAND

## Dalguise PGL 2023: From a Year 7's Perspective.

The trip to Scotland was absolutely spectacular! With a variety of activities, heaps of fun and lots of memories to be made. One thing I really appreciated was the fact that every activity at PGL was a 'challenge by choice' meaning that I could choose which activities I wanted to do and the level of adrenaline too! This meant that I always felt 100% safe. My top three activities were Giant Swing, Tree Climbing and Raft Building. All three activities were exciting and interesting; I would love to do them again!

Sharing the rooms was a really nice experience too. It was really fun and I also made new friends that I might never have spent time with if it wasn't for this trip. The meals were great, especially the pudding and the flavoured water (my favourite was raspberry and peach!).

On the final evening, we had a huge disco in a massive dome with lights, music and lots of dancing. The highlight was definitely Mr Gethins dancing in the middle of all of us students and singing just as loud as we were!

Overall, I really enjoyed my trip to Scotland and I would encourage everyone to do a residential trip like this.

## Student Voice

"Enjoyed the giant swing the most"

"Sweet Caroline was the best song at the Disco and Mr Gethins was the best dancer"

"I really liked the raft building and then testing them out on the lake... but it did fall apart"

"I enjoyed tree climbing and giant swing. The instructors were nice." Pearl Barker.

"I enjoyed the activities like the giant swing and meeting new people." Eleanor Bieliauskas

"There were great activities there but they need to give you more food!!" Max Campton

"At PGL I enjoyed the giant swing and the raft building." Charlie Hughes

"At PGL I really enjoyed all of the climbing activities and making memories with my friends." Sarah Carter

"At PGL I really enjoyed all activities yet I mostly enjoyed raft building and the burn walk – but even just being in my dorm was fun." Rose Malkin

"At PGL I really like burn walk and tree climb – I find climbing enjoyable and the burn walk was in a peaceful surrounding." Will Rogers

"I enjoyed the burn walk and sensory activities because I have never done that before." Alex Horsley







Arden values: Determination : Excellence : Courage : Inspiration :



## More Year 10 Work Experience



## Year 7 / 8 Employability: The Tyre Challenge

This sunny Monday morning, the Year Sevens learnt the all-important traits of employability. First, they did some self-evaluation and thought about their more and less employable traits. After that, they began by learning about the recycled tyres, and ways that tyres can be repurposed. They spent their Period 1 and Period 2 learning about the sustainability of tyres, and designing a way to repurpose those that would usually end up as rubbish. Although many didn't enjoy the activity, as they found it tyre-ing, some did, and they learned valuable lessons on freethinking and innovative design.

In Period 3, people began presenting their ideas. They learnt to do a class presentation: presenting what they made, and their ideas for the repurposed tyres. Making their poster, they read their product, how it is made, and its budget out to a class, all in a three minute time bubble. The class enjoyed it! This armed the Year Sevens with crucial employability and public speaking skills, and more life experience than they had before.

### Community Service

In order to give back to the Arden community, each year group embarked into the school with bin bags and litter pickers. We cleaned the school windows, picked litter, and overall helped the environment; a cleaner school is generally a nicer place to be!





## What do the teachers think?

Miss Jones thought that she enjoyed the competitive aspect of taskmaster, students showed enthusiasm and got to work as a team to achieve a common goal which is an important skill and is very significant in a workplace.

Miss Crane thinks that enrichment week is very useful because it allows students to demonstrate different Arden values and explore a variety of different activities and motivate them to potentially continue doing these activities outside of school such as litter-picking

Miss Cheatle said that she got the opportunity to spend some time with students beyond her form, and reconnect with old students too, and so learn more about their hobbies and interests. It is an enriching experience for both the students and the teachers.

# Wellbeing Day

Today my form group had an engaging experience with Miss Fay for wellbeing day. My group has learned sign language fairly quickly and efficiently which we all deeply enjoyed. I personally found that it was very useful because we can always encounter a deaf person, this could be in the world of work, at school or even at social events. It is a valuable skill to be able to communicate with people with a hearing impairment as it means they feel understood and heard while we could gather some helpful ideas and information from them.

For period two we moved to our next classrooms which was quite an endeavour. I think this session was a great opportunity to focus on the present and 'disconnect' from negative thoughts, at least for a few minutes. It was a wonderful hour. because I got to do something I was passionate about: colouring. As someone who enjoys art outside of school, it was the perfect opportunity to enjoy myself, stress-free. It was also an enjoyable hour for people who don't enjoy art as much as colouring doesn't require much skill or thought, maybe too much for certain individuals. I was very grateful for Miss Fay making it so enjoyable. I am beyond grateful for Miss Fay's patience with our group. She has been an understanding person and I appreciate her hard work today.

The last thing I did was the fitness activity. I am not someone who particularly enjoys P.E and physical activity in school, however the session was quite useful because we have enhanced some skills we need in our everyday lives. In my opinion, running is a very important skill, especially if you are not an organised person like some of us have shown for the past three years in secondary school. It could help you to get somewhere on time and just to stay fit overall. Whether you need to run to a lesson or to the bus stop, it could be applied anywhere in life, no matter who you want to be. This session has been a wonderful opportunity to communicate with people beyond your usual circle of friends and to get out of your comfort zone and do something new. I will admit my knees hurt after those lunges. However, jokes aside, it has been a useful hour of my life and I could enjoy it while also pushing my lazy self.

**Iana Ineshina**

# Year 9 Taskmaster and Arden Values

During the Year 9 Taskmaster Day, myself, Ren Watts, and a member of the team spoke to a number of students, and the vast majority were getting involved and feeling confident with the groups they were put in and the tasks they were set. I interviewed a student and he said “Enrichment Week is amazing, let’s do it next year.” Not all of the students had that same opinion but they all had the same attitude. They worked extremely well together and got as involved as they possibly could. It was humorous: in one task, students were asked to write a funny joke and it left them all laughing. Some jokes were funnier than others and some... were just painful. But the students had fun.

We took a few minutes to see what the teachers thought about the tasks that were set. The teachers said that they found “the work enjoyable for the students and extraordinarily important for their wellbeing and mental health”. I spoke to a PE teacher and she explained how “when (she) split up the class for the physical wellbeing activities (she) doesn’t separate boys vs girls”, to make sure all the students at Arden feel comfortable in their own skin. Arden teachers believe that every student has a member of staff they can talk to, especially in Enrichment Week, as it is all about the students spending time with the teachers so they have a lot of conversations with each other.

- **Courage is extremely important as it is conventionally a great way to develop ideas, opinions and understanding towards members of the group as pupils can acknowledge the different views and opinions of others.**
- **Equality is significant as it teaches the students to treat all of the people in their group the same, which they all displayed perfectly in all of their Enrichment Week activities.**
- **Friendship is extremely important as it encourages the students to make new classmates and to really understand one another.**
- **Respect demonstrates that it is important to write a loving message to a form tutor as it reflects the hard work of each form tutor every morning of informing each student of what they need to know, whether that is only for the day or for their future.**
- **Determination allows the children to get involved in the group and to have an open mind in future activities, which will allow them to have more of an understanding.**

Ren Watts

## Student Voice

Making our own quiz was good: our best question was ‘Write the first 55 digits of Pi!’



## Student Voice

I enjoyed the sports; it was very fun.

We enjoy group-work and chatting.

I like to communicate with my friends.

It brings people together as one.



# COMPETITION DAY

This year the Competition Day was made up of 5 different tournaments and games: rounders, tennis, endzone, a quiz and a digital escape room. This day took the students all around the site going to the field, MUGA, astro and the new block. The Year 7s had it on Tuesday 20th June, The Year 8s on Friday 23rd June and the Year 9s on Thursday 22nd June. During the sporting competitions, each form was up against one another battling it out to be the best form in the year group, whereas for the quiz, it was against your peers within your form.

On Tuesday, when the Year 7s were supposed to have their Competition Day but it rained and Mr Simpson had to act fast to see what they could do instead of the jam-packed day of sports and puzzles. What a plot twist! I don't think anyone saw that coming after the beautiful weather last week. Mr Simpson had to use some board games, such as Dobble and Top Trumps. Most students agree that it was better than running on a field and that we should do it again next year. One even said "Today has been different—in a good way!"

Whilst I was going around the Year 7 classrooms during their Competition Day, the atmosphere was so delightful seeing them play games and have fun without mobile devices because in this day and age, children/teenagers are so obsessed with their phones or their laptops.

Today, the teachers have shown the Arden value of determination through finding a solution to the unpredictable weather, so we need to give them some credit. Good job!

Emily Cox



# Snapshot: Tuesday 20th

Take one day in Enrichment Week; add **TORRENTIAL RAIN** and what do you get?

**Year 7:** Some of the Year 7s did a quiz about Great Britain, general knowledge and the natural world. The quiz has ten questions in every section and everyone doing it seemed to enjoy it, despite the fact that some Year 7s told me: "the quiz is pretty hard."

Some other Year 7s were doing the digital escape room. For this, they had to watch a video in the classroom which was recorded in the library. There was a suitcase, and inside of it, there were clues to help you. Students that were doing it found it very difficult, even the teacher found it hard. Everyone was concentrating and trying to figure out the answer out as a team, which was amazing!

The note in the book:



**Year 8:** The Year 8s did Taskmaster and one of the groups did 'Continents of Africa' and the other group invented a sports game. For 'Continents of Africa', each split team has 8 minutes to solve the question. This task includes teamwork and the majority of the group found it pretty fun and they were competitive at the same time. One of the pupils said "fun, it tests your brain." One of the teams invented a game called 'Rats and Bags', this game is for rats and every time there's a rat running, a bag would fall on them. One of the creators said: "It gives us a chance to work together". Another creator also said: "Creativity is the word I'm thinking of." That team gave the task the average of 9/10.

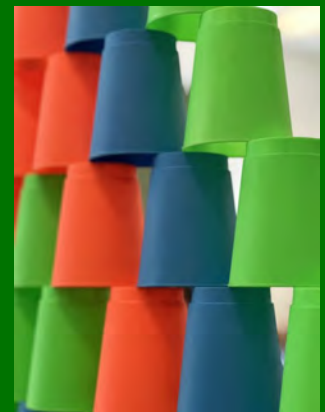


Correctly name 50 objects from the following close up images.

You have 10 minutes.

Your time starts now.

**Year 9:** A few groups of the Year 9s were colouring the pictures while listening to some calm and relaxing music. The point of this activity was to help the Year 9 students to relax after choosing the subjects they're going to do for their GCSEs and also to help to them reflect about their day or something else. Most of the group said that this activity really helped them and was very relaxing at the same time. They could also talk to their friends quietly while colouring. There were also other groups that watched the video about what it's like to be deaf, which let us understand more about deaf people and allowed us to appreciate them because they just want to be treated like normal people. After the video, the Year 9 students would learn how to do sign language. Most of the students thought that sign language is really useful. One of the Year 9 students said: "Sign language helps me, like we can communicate with deaf people, which is very useful."



## Student Voice

On Competition day, because we had no internet, we had to improvise: we had cup stacking competitions... This was different and exciting to do.

Competition Day was great because it was active: we weren't sitting in a classroom and the point of Enrichment Week I to do something out of the ordinary.

Because we had to go against other teams, it really felt like we were working together.



TASKMASTER



## Snapshot:



Yesterday, me and the rest of Year Nine were lucky enough to have an assembly from an organisation called 'See Her Potential', founded by an ex-student named Sophie and two other members of the organization: Saskia and Chloe. It was delivered in the form of a drama performance: it was really enjoyable.

We began by looking at various influential women who were overlooked in history: Grace O'Malley (Pirate Queen of Ireland), Lily Parr (the UK's best female footballer from the 1920s), Elizabeth Garret Anderson (who outsmarted the system and became the UK's first female doctor), and Betty Freidan, the organiser of the UK's first women's march. We were told some shocking figures: 97% of women get negative thoughts about their bodies every day, the highest paid female footballer gets paid £136,577,000 less than highest paid male. Alongside this, we learned about terms such as coercion, power imbalance, and enthusiastic consent: consent isn't actual consent if made under blackmail or pressure—it only counts if it's made enthusiastically and willingly. This shocking talk on feminism was inspiring as we could see how far the world has developed in the past thirty years, and how far it could develop further in the future.



### Some male perspectives...

'I think the Drama was really interesting, it talked about an important message: women are not weak, they should be treated as equal.'

'Some of it was shocking: 97% of women have negative thoughts about their bodies.... We reckon the figure is over 55% for young men (Still too high - Ed).

'I don't think the assembly changed my behaviour, I already respected women!' (Good stuff - Ed)

# Snapshot: Year 8/ 9 BUSINESS CHALLENGE

This challenge gets the children to create their own profitable business. For example, as I was going around the classrooms, some of the ideas included 'doggy daycare' and a jewellery shop. A Year 8 pupil said "I made a doggy daycare business!" These people had to plan out how much money they would charge, where their shop would be based, and what kind of shop they would have.

As I was observing the students in their classrooms, it was such a fun and welcoming environment, even though it was very loud. You could hear how happy everyone was and how much they were enjoying themselves. The utter chaos was delightful to see and the teachers were joining in as well. This friendship between staff and students is honestly amazing to watch unfold.

## The cat tree design

A scratching pole attached with a fun activity for the cat, 3 different relaxation points including a swing all made out of tyres being held up by a tyre base.

As well as some very cool toys to entertain a cat's hunter side!



## Retired Tyres



We are company committed to ridding the world of excess tyres.

We are tired of seeing all of these dumping grounds of washed up tyres around 3 million of them around the globe, they are all waiting to be used for something else, to be reinvented.

We want to give these tyres a new purpose starting with our cat toys a cat tree and things for a cat to chase. Not only can household cats play with them but we can put them on the street! So stray cats can have as much fun and love even without a home.

## Our Idea



Totally Tyres is a business that recycles used (tired) tyres while having a positive impact on the local community.

### How do we do that?

We plan on using old tyres as plant pots people can keep in their gardens and patios.

### How will this help our community?

Our aim is for the tyre plant pots to motivate people to spend more time outside connecting with nature. Hopefully if this happens people will spend less times on screens and generally be a lot happier.

## Impacts on the community

With a playground made of rubber, we can be sustainable as we are using the wasted tyres. This reduces the pollution in the water if it is thrown into the sea as it has a lot of chemicals. Furthermore, it will help many of the children's wellbeing as they can relax and have fun with their friends in the park. Parents can have picnics since there are few picnic tables in the park. As they are tyres, children can learn about sustainability.



9N worked fantastically well to come up with innovative methods of reducing the impact the non-recycled tyres have upon the environment, with over 300,000,000 tyres worldwide not being recycled. They showed leadership, communication, teamwork and maths skills to create their ideas, perform basic costings, and design logos for their business ideas.





# DRAYTON MANOR



## Before the big day:

The highlight of Enrichment Week. The thing everyone knows about and looks forward to. Why? What is so special about it? Well this place is the definition of fun with loads of people excited to go on the rides and just hang out with their mates. And just have lots of fun throughout the day. Many students have agreed that they cannot wait for this day. For example, a Year 8 student said "I am so grateful to Mr Simpson for this opportunity to go to a theme park. Thank you!"



## During the day:

We started off by arriving at 10:00am and we got to skip the line, which everyone was really happy about. Then we walked through the viking area and the teachers told us where the meeting point was, many people said that the spot was very central and convenient. Most students ran towards the different rides like Maelstrom, Thor, Shockwave, AirRace and the Pirate Ship. So many pupils were disappointed because both Accelerator and Storm Force 10 were both having maintenance issues, but this was resolved later in the day as they opened at around 2:30pm.

Between 12pm-1pm, the kids were asked to go back to the meeting point to register and prove that they were still actually alive. At this point, pupils usually got out all of their sweets (a nutritional lunch) and shared it with all of their friends. Many went to go and buy some food, like the bubble waffles or hot dogs, and some just chilled. But after that it was chaos because Storm Force 10 reopened and we all rushed to get a go on it. By the time I made it there, the queue time from the back was 1 hour and 20 minutes! Many of us felt sorry for Mr Fletcher, Mr Hartshorn, Mr Last and Mr Lloyd as they had to keep going round the ride with all of the Arden kids, but it seemed as though they were all having the time of their lives.

One Year 8 said "It was very entertaining and I loved the rides, especially Loki!"



**The Arden staff enjoy  
their time at Drayton  
Manor, too!**

## **Student Voice**

The best thing about Drayton Manor was having the freedom for a whole day. I liked being treated like an adult.



# Visit from Sophie Beale-Burchall

Visit from Sophie Beale-Burchall about the value of Communication

Period Four, down in Classroom 13, in the deepest depths of the Sixth Form block, us journalists were lucky enough to experience a talk from Sophie, an ex-Arden student. She works in Cybersecurity and marketing, living and working all around the world- but more specifically, she is based in Amsterdam. She left Arden in 2015, and studied at the University of Lancaster for her degree.

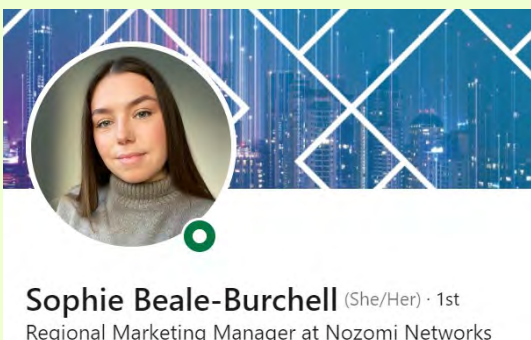
We learnt advice for future careers, alongside advice on how to make the most successful magazine possible. Firstly, we learned about how things are sold and advertised. First, you must consider WHY a message is being conveyed, then HOW it is being communicated, and then WHAT is the message itself. Colours and fonts can play a huge role in the consumer's response- and we learned the all-important rule of seven. In consumerism, most people need to be brushed with an idea seven times before committing to it: before buying those earrings; before eating at that restaurant; before going on that day trip. Testimonials are the most important tool in editing, and they reassure the consumer that their choice of consumerism is a good one, and that they aren't wasting their time or money.

Things can be conveyed indirectly. Without words, advertising campaigns can contain messages and ideas, gathered by a consumer, even subconsciously. Values and ideals of whoever you are working for, be it yourself, or a company, should be taken into consideration. At Arden, we value Determination, Equality, Courage, Inspiration, Friendship, Excellence, Respect, and we convey that in our magazine.

Sophie had a top list of advice for advertising: put yourself in the audience's shoes, and make sure your writing aligns with you or your business' values; be cohesive.

Sophie herself then talked to us about her lifestyle in Amsterdam. She talked to us about how it's much better to choose a career based on passion, over just lust for money. Sophie moved abroad to Amsterdam for an internship, however, chose to stay, and gave the valuable quote, 'Never plan too much, as it is always changing'. She enjoys her lifestyle in Amsterdam, enjoying the valuable cultural enrichment, and describes it as laid-back and easy-going, alongside being much healthier than the UK - even though the weather isn't any better, which is definitely unfortunate.

She works remotely, meaning that wherever she is in the world, she can do the work. She's travelled around the world six times a year so far, including traveling to San Francisco! It was so interesting to hear of Sophie's very exciting life, and we really enjoyed it, and were grateful for her wisdom. Ella Perry



**Arden values:** Determination : Excellence : Courage : Inspiration : Friendship : Equality : Respect



# Meeting Madeleine

Madeleine left Arden in 2014 after completing her A-levels in English literature, Spanish and French and after she went to university to study languages. In 2018, she moved from the UK to Barcelona (in Spain not the football club). She works in media relations and short-term rentals such as Airbnb and Vrbo. Journalists will often go to her for data and information to put in their articles.

Madeleine works very closely with the USA team in communications and she began in this integral part of media relations after her boss made themselves a millionaire (they left shortly afterwards!). Once this person had left, the communications team expanded, which gave her the opportunity to take on a new role.

Madeline's main job is to condense long texts to only the important information because "Journalists are busy people and won't have time to read all of it." Madeleine was also saying that it is integral that you find the best way to communicate with someone whether that is via text, email or a phone call. If you choose by email or text make sure your grammar is correct.

She speaks five languages, this can make a person more marketable and desired as most companies are now international, she expressed "This company has over 30 nationalities". For example, one reason (not the only one) why Madeleine was hired for this job in the first place is because she could speak fluent French and according to her, French people don't like speaking English. She couldn't stress how important it was to understand the culture and not just the language.

Madeleine was also talking about what it is like to be a female in the working world. Some things she said included "If you don't speak up, you don't get any recognition for what you do" and "You are your own PR".

She explained to us about why she decided to move to Barcelona, Spain. Some of the reasons included: herself associating with the culture, lots of opportunities and she loves scallops.

**Adiós!**



**Madeleine Parkin** (She/Her) · 1st  
Telling the True Story on Short-Term Rentals from AirDNA

# Harry Robinson: Social Media Executive for @BBC

After a few interviews, we sat down and got ready to listen to our key speaker, Harry Robinson. But it wasn't as easy as it sounds, the team and Mrs Hodgkinson had many technical difficulties as the school WIFI wasn't great, but he explained his job very well and got what we needed.

Harry Robinson used to go to Arden and now he works for the BBC and is a Social Media Executive for BBC Sounds. He works within a small team. He states that he works on creating and writing captions and tweets as well as, occasionally, having to write policy documents about the use of emojis! He talked to us about the fact that sometimes he has to write within a small amount of words so as not to drag out a sentence and keep peoples' attention. Part of his job is that he can meet with a lot of famous people including James Acaster and many others. He mentioned that the only way he would have been given the opportunity to meet these people is because he follows the mantra 'If you don't ask, you don't get.'

Harry describes himself as a 'self starter' and I think we can all agree he worked extremely hard for what he needed to be and is a true inspiration. This year, he will be attending Glastonbury and talking to people backstage to create content for BBC Sounds; this is an amazing opportunity. Harry told us the one thing he wasn't excited about going to Glastonbury, and that was 'getting up early'. I know, first world problems, right?

Harry also creates his own comic scripts for dramas and with a friend who also went to Arden, he created a comic script which has recently won an award. He talked to us about the importance of an often underrated skill: 'Humour is a key part of yourself that often gets overlooked and if you can make your friends laugh, write about it.' Harry believes that you can go a long way with just a funny joke as humour can lead to lots of job opportunities. But as well as all of this he still loves reading. Reading! You would think that he wouldn't have time to properly relax but he does. Harry thinks reading is important, enjoyable and just fun. I also agree that reading is important to do, but mainly it is just a good way to pass the time.

Harry Robinson is truly an inspiration to us all at Arden. But the most important thing we learnt from him was a mantra for life: 'Don't be stupid'.



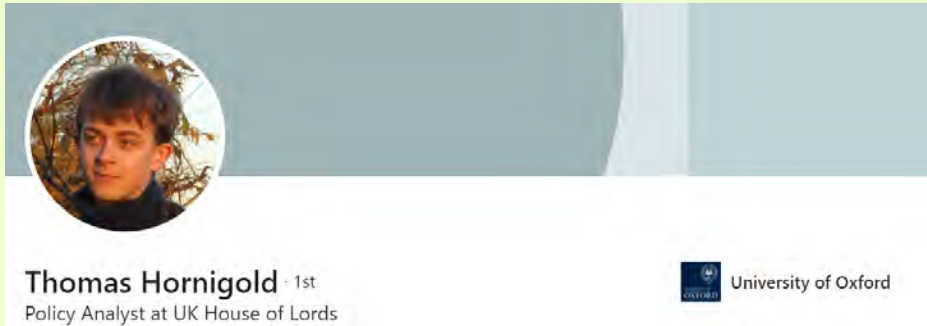
Harry Robinson (He/Him) · 1st

Creative Director, Missing Richard Ltd. | Social Media Executive, BBC Sounds | Award-winning writer & producer | All things creative





# Thomas Hornigold



Thomas studied English Language and Literature for A-level at Arden in 2013. He was a free-lance journalist and then he started his podcast, where he completed 256 videos. This ended up accumulating to 700,000 listens! His job consists of him working in the House of Lords as a part of the Physics and science committee. He talked about many different types of ways to communicate, like verbal or through electronic devices.

In his job he sometimes has to write some of the speeches that the politicians write but mainly he identifies problems and sheds light on them. For example, he talks about that in their committee meetings about noise and light pollution or things along those lines.

In our Zoom meeting, he told us to “Start. Whatever you want to do. Just start.” and “You don’t have to wait for anyone to tell you to start.” He told this to us because this was how his podcast started. He picked topics he liked (History and Physics) and just went for it. He gave it a go and I think we all need to take a leaf out of Toms’ book.

*Just to enlarge on the podcast thing—a note from the Editor: Thomas talked about the fact that he had set up his podcast because he was interested. That’s a great lesson for us all: you can’t fake intellectual curiosity and it’s something teachers love to talk about when we write references for UCAS!*

He said (and this is almost verbatim because it’s from the Google transcript): You can work for yourself in a sense. You have the freedom to make it about what you want to make it about. You have a sort of pride of looking at something that you kind of built for yourself. And the best thing is you don’t have to wait for anyone to tell you to start or for there to be some opportune moment to begin because there never is. When you’re trying to build something out like this you will have a bit more of a network in the sense that you’ve got an excuse to talk to people and an excuse to talk to interesting people and get involved with them, and then you can talk about the skills that you’ve developed in future interviews.’

*Key messages from Thomas:*

“It becomes another hoop. Another hoop to jump through. But life is full of hoops”

“There is a real human joy in being interested”

“Start with your interest. Use your imagination”

# Arty Arden

Mr Hook has got the students at Arden getting creative with paint. He has created a mural in the Modern Languages corridor to represent and celebrate different countries and cultures. Everyone found it calming and fun to paint walls; Mr Hook's imagination brought those walls to life and he mentioned that 'the idea behind getting the students to paint countries on walls is to allow them to experience different cultures'. This is especially to have open mindedness towards their classmates who might be from other countries.

Mr Hook wasn't the only member of staff engaging with the lesson. Miss Battle helped as well. She also thinks "it is important for students to be involved with creative activities that give them a sense of pride and care".

Students are "enjoying creating artwork" and Beth in year 7 was "enjoying dabbing paint on the wall, except when (she) got it on (her) arm". Deede in year 10 said "doing this is good for your mental health". Many of the children in her group agreed with this statement. Doing art for Enrichment Week I personally think it is an amazing opportunity for children to get with their creative sides. Art is also very therapeutic as it calms you down, which is very important for peoples' well being.

Ren Watts





## Year 10 Work Experience

We've had students attend nearly every primary school in Solihull (literally!), National Trust, Paragon Banking, Severn Trent Water, Rolls Royce, The Thinktank, Solihull Moors, Arup, HMV... The list goes on. Put it this way, if every student were to pursue a career linked to their work experience (not an expectation btw) we are looking at future teachers, engineers, chefs, hairdressers, chiropractors, ski instructors, travel agents, advertising executives, estate agents, logisticians, scaffolders, retailers, procurers, IT technicians, child carers, beauty therapists, medical researchers, financiers, book sellers, golf instructors, museum curators, electricians, hoteliers, restaurateurs, charity workers, business managers, recruiters, arborists, laboratory technicians, designers, police officers, criminologists, property developers, martial arts instructor, automotive engineers, plumbers, marketeers, manufacturers, tax consultants, youth workers, physiotherapists, architects, solicitors, photographers, journalists, insurance brokers, butchers, veterinary nurses, gas engineers, personal trainers, sports coaches, accountants, pharmacists, buyers, software engineers, energy consultants, events managers, joiners, civil engineers, gardeners, mental health workers, café owners...

Don't forget to visit the Careers Hub for more information





## Year 10 Work Experience

Last week, our Year 10 students had an incredible opportunity to participate in our highly anticipated work experience program. Those who took part immersed themselves in different industries, gaining invaluable skills and insights into the world of work. From shadowing professionals to contributing to real-world tasks, they had first-hand experience that cannot be replicated in a classroom setting. The feedback from these students has been overwhelmingly positive, as they not only learned practical skills relevant to their placements but also developed personal qualities such as resilience, adaptability, and a strong work ethic. Many expressed newfound clarity in their career aspirations and a deeper understanding of the industries they explored.

Meanwhile, the students who did not participate in work experience also had an amazing week filled with engaging activities. They attended employer-led workshops on job application skills, learning about crafting effective CVs and preparing for interviews, which they then had to put into practice! Additionally, they participated in team-building activities facilitated by the army and RAF, honing their communication, problem-solving, and leadership abilities. Talks by various employers broadened their understanding of different industries and professions, opening their minds to a range of potential career paths. Overall, the week was a remarkable success for all our Year 10 students, whether they were on work experience or not, providing them with valuable skills, knowledge, and unforgettable experiences that will shape their future aspirations.





# Year 7 First Aid



## Every Second Counts

How would you react if someone you saw suddenly collapsed and was not breathing? Today, there were two professional people from the Central Fast Response, Linda and Mark, to explain CPR to us.

This is what you should do when someone collapses:

1. When you see someone suddenly collapse, you should check if the place you're in is safe or not and see if there are any bystanders or people.
2. Next, if there are people, shout for help because you need at least two people with the person who is unconscious.
3. Lastly, check whether the person is breathing or not. If they are unresponsive or not breathing, you need to put your hands together and then push firmly downwards in the middle of their chest at a regular rate, while the other person is calling 999 or 112.



## The skill that saves lives.

What should you do when someone can't breathe? Today I learned how to do CPR. This could save yours or someone's life. There were 16 people working in the workshop; we used dummies to learn what exactly we should do. I think everyone should learn how to do it, it is a crucial life skill.

In the session, we were taught how to do chest compressions, it was quite difficult to maintain the right speed and push down far enough. However, we worked in pairs, so we practiced together and we found it easier at the end. The help from the experts was significant because they explained when we would need to use CPR and why.

In only an hour, we learned how to do something which is massively important. If you haven't learned it, it doesn't take long, but it is a valuable technique that you might need to use in the future. Karlott Fung—actually Year 9 but it was my first opportunity to take part in CPR

**Central Fast Response**



charity number: 1181513



# Importance of Languages

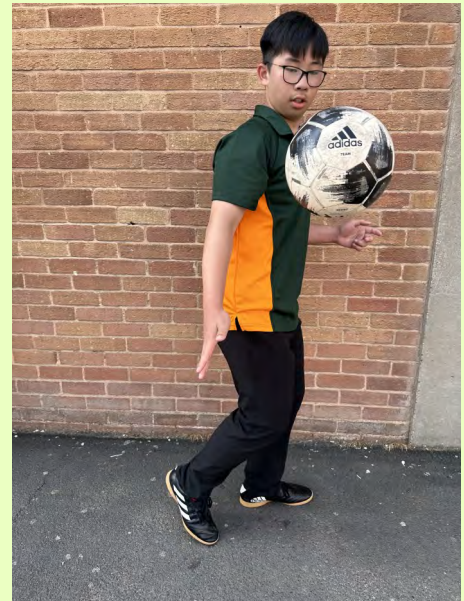
I have been in the UK for a whole year, my mother languages are Mandarin and Chanderise, so I had to spend a lot of time learning English. But actually, I am learning 5 languages: I also learn Japanese and French. However, I am using my second language to learn my third language: French. Although it is difficult to learn 5 languages, it brings a lot of advantages for me. One is that when you learn multiple languages, especially the most popular language, you can read more books, play more video games and watch more videos.

Another advantage is that speaking multiple languages will also help with employability: more and more people are speaking more than one language, this means more

companies are looking for people who have this skill. Because improved technology means it is easier to learn multiple languages, there are now more opportunities to use languages in the workplace and broaden your understanding of other cultures.

In my opinion, for those who only learn one or two languages, maybe you could try to learn a second language or a third language, it will help you a lot. It is important to speak up.

Karlott Fung



## Student Voice

### The first time playing tennis

During sports day, I tried to play tennis for the first time...

Even though I haven't played tennis before, I didn't find it hard, because I have played badminton before. I play for fun. I was having a great time until something happened...

I was playing a game in doubles; we were losing by one point. At this moment, I tried to jump and hit the ball back; I missed the ball and I fell on the floor. My elbow hit the floor and it started to bleed.

It is still hurting as I write this paragraph.

However, I really enjoyed the game, and I enjoyed playing with other people. It was sunny outside. I liked playing outdoors. I got energy from the "photosynthesis".





## Reflection on the week...



## Quotations of the Week

‘Drayton Manor is free, so we enjoy it... It’s not free for our parents but we’re selfish so that’s great.’ EP

**‘Never plan too much because it changes.’ Sophie Beale-Burchall**

‘Last time I checked, that’s not very enriching.’ Edith

**‘If you don’t ask, you don’t get.’**

‘Failing makes you unafraid to fail.’

**‘Be your own PR.’**

‘The more you read efficient communicators, you find ways of phrasing things.’

**‘Follow things up with a level of intent.’**

“There is a real human joy in being interested”