

Ormiston Denes Diary

8 FEBRUARY 2016



X Factor Live finalist
Sam Callahan visits
our academy



Group A perform at
Snape Maltings
Concert Hall



Study Plus Trip to the
Natural History Museum



North Suffolk Sportshall Athletics



Alumni
Melissa
Youngs



Ormiston
DENES
Academy



Plus lots more

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From our Principal ...

The mock exam season, now referred to as pre-public exams, has started and as is typical at this time of year, our year 11 students are beginning to feel the pressure. Unfortunately, this is a necessary part of the process in terms of building up their resilience to the examination process that lies ahead and it will help many to galvanise themselves for the hard work that is necessary to secure the grades they need. Speaking of which, it is genuinely never too late, and very many students will use these final months to make significant gains in a range of subjects, and help is at hand for those that need it.

Help is at hand! Our House teams, tutors and others are ready to provide additional assistance if needed. If you have any specific concerns about your son or daughter on this or any other matter, please don't hesitate to call in.

I'm pleased to have welcomed Sam Callahan to the academy last week. Sam is a singer, and he recently appeared on X Factor. When Sam visited us, he sang and entertained us alongside delivering a session on cyber-bullying and online safety for years 7, 8 and 9. Since the last diary entry we have also:

- Been awarded **Silver in the Suffolk Young Carers Schools Caring for Carers Award**.
- Prepared for **BBC News School Report Day** in March.
- Celebrated with our Y7/8 boys who were the **winners at the North Suffolk Schools Sportshall Athletics** - our girls' team were **runners up**.
- Celebrated our U14s who were **runners up** at the **North Suffolk Schools Basketball Festival**.
- **Enjoyed an American Diner Experience** which was a **celebration of student achievements**, including a £20 raffle prize draw.
- Held our second **Golden Ticket Event** - an invitation-only event for our '**quiet achievers** ... A beach party theme, which was an exceptional success.
- Admired our submission for the **Lowestoft Railway Station Arches project** which has been on display at Lowestoft Library.
- **Received a grant of £8000 from the Foyle Foundation** for investment in brand new fiction for our Library.
- Just released our **Family & Community Learning Spring Programme** - a series of **free sessions** mixing education with fun; open to the whole community.
- Released tickets for our **production 'Into the Woods'** - these are now on sale.
- Admired **two year 8 students, who on 8 January were the first to have read one million words** in the Accelerated Reader programme.
- Celebrated a year 9 student who has just been pre-selected for the **County Gymnastics Squad 2016** - for the sixth year running.
- Continued to hold '**Chooseday Tuesday**' **lunchtime sessions** at which representatives from various organisations make themselves available to our students to discuss and advise on further education and apprenticeship/careers opportunities.
- Seen a group of art students visit the **Tate Modern Art Gallery** in London.

Details of many of these are included in this edition.

Kindest regards.

P Marshall

Peter Marshall

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www.ormistonden.es.co.uk

Forthcoming Dates for your Diary

Monday 8th February

Judging for Michael Marriott Awards
at Ormiston Denes Academy
6.30pm - 8.30pm

Tuesday 9th February

'Chooseday' Tuesday
12.50pm - 13.35pm

Thursday 11th - 19th February

Ski Trip - Tonale, Italy

Thursday 11th February

Valentine's Disco - Years 7 and 8
6.30pm - 8.30pm

Thursday 11th February

Valentine's Day Cooking Workshop (Room T24)
6.30pm - 8.30pm

Friday 12th February

Raising Aspirations - New Wolsey Theatre
Year 9 - Period 4

Friday 12th February

Art trip to Sainsbury Centre Norwich
9.00am - 3.00pm

HALF TERM - 15th to 19th February
RETURN TO ACADEMY - 22nd February - WEEK ONE

All dates and times correct at time of publishing

After School Clubs

Monday 8th February

Netball Club
3.10pm - 4.10pm

Tuesday 9th February

Maths Clinic - Room M44
3.10pm - 4.15pm

Tuesday 9th February

Girls Basketball
3.10pm - 4.10pm

Thursday 11th February

Maths Clinic - Room M44
3.10pm - 4.15pm

Warhammer Club

Every Friday - Room R12
3.30pm - 5.00pm

Sports Fixtures

Tuesday 9th February

U12 Boys Basketball Festival
Saint Felix High School
4.00pm - 5.45pm

Wednesday 10th February

U12 Girls Basketball Festival
Saint Felix High School
4.00pm - 5.45pm

APPEAL FOR FORMER STUDENTS' MEMORIES

After 30 years of teaching at The Denes High School/
Ormiston Denes Academy, Mr Garrod has decided to retire.

We are compiling a special keepsake book to present to him
as part of a retirement gift.

Were YOU taught by Mr Garrod? Do you know anyone that
was?

Please email your memories, tributes, humorous
recollections, photos and good wishes
to info@ormistonden.es.co.uk

Thank you.



**PLEASE REMEMBER TO LET THE ACADEMY KNOW
OF ANY CHANGE TO YOUR ADDRESS OR TELEPHONE NUMBERS**

Breakfast is the most important meal of the day.

Why not drop in for a free breakfast?

A chance to have a chat and catch up with your friends.

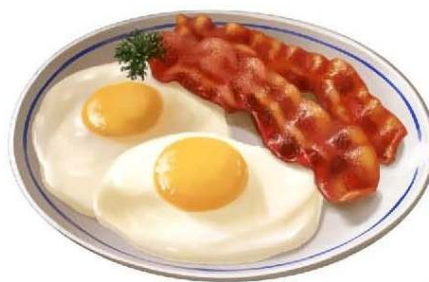
Breakfast is available every day at 7.45am - 8.30am in the dining hall.

Hot food served between 7.45am - 8.15am

Cereals, fruit and yoghurt 7.45am - 8.30am

Cooked breakfast on Wednesday.

All welcome, free of charge.



EACH £50 Challenge



Inspire House has chosen East Anglia's Children's Hospices as their House charity for this year. We are now participating in the EACH £50 Challenge. The challenge is to make as much money as possible for EACH over a three month period, starting with just £50. The event was launched in the Inspire House assembly on Friday 5 February, where students learnt more about the charity and the excellent work that it does.

During the course of the three months the students have various ideas for fund raising, from a Valentine's disco and Valentine's cookie sale, a world cuisine day, sponsored staff leg wax, bingo and beetle drives, and a 'bob a job' week including a car wash.

Collection boxes will be at school and sports centre reception for any visitors that may wish to donate.

Further details of the charity can be found at <https://www.each.org.uk> or by contacting Ms Mayo at the academy. Anyone wishing to make a donation can also contact Ms Mayo for further information.

🎄 Christmas 2015 events 🎄

Text Santa Christmas Jumper Day Fundraising Update

Thanks for all your efforts on our Text Santa Christmas Jumper Day. We raised the grand sum of £312.02. This was made up as follows:



Sale/delivery of candy canes, cake sale and karaoke: £138.64

Christmas Jumper donations: £173.38



Thank you for your fabulous support!

Lunch Club at Aspire Centre

On 18th December we celebrated our first term having Lunch Club at Aspire. 26 regular attendees of the club were invited to a Christmas party lunch with the staff from Aspire. Food was provided by staff and parents.



The students commented that the lunch was lovely.

Every student had a gift to take away and had a great time socialising with students they don't normally spend time with. It was lovely to see new friendships forming at the dinner table.

Mrs K Ellison

Christmas Decorations Workshop

This was the final workshop in our Autumn 2015 Family & Community Learning workshop programme.



Further details are available:

<http://www.ormistonden.co.uk/family-and-community-learning/>

Group A perform at Snape Maltings Concert Hall

Since September, a group of fifteen students has been participating in a project run by Aldeburgh Music to develop a vocal group at Ormiston Denes Academy. Once a fortnight professional musicians Aga Serugo-Lugo and Rosie Adediron have been working with our students during enrichment sessions as well as an intensive weekends in October and December at Snape Maltings. The group have worked on vocal technique, ensemble skills and performance craft, resulting in some excellent performances over the Christmas period.

On 20th December the group performed on stage at Snape Maltings in the impressive concert hall. They were joined on stage by Aldeburgh Voices, Aldeburgh Brass and The National Youth Choir Fellowship. ODA Vocal Group collaborated with Group A (a Lowestoft-based youth choir run by Aldeburgh Music) to perform "In the Night". This was a piece that the groups had devised together during their weekend workshop at Snape in October. The students also joined the other ensembles in performing carols.

The students showed themselves to be highly professional both in their performances and in their attitude and behaviour during workshops. They gave a truly exceptional performance to a paying audience at Snape Maltings. We have received many positive comments from people who attended the concert. Miss Curtis said she is "immensely proud of all the students. All of them have shown great progress in their performance skills and have considerably grown in confidence".

The vocal group project is now in its second phase, which involves expanding the group and welcoming more members! If you are interested in joining the group please speak to Miss Curtis.

"Today I was at Snape Maltings and went into an event called Sing Christmas which was a mixture of carol singing for all and performances from four musical groups - adult choir, a capella harmony group, brass ensemble and Ormiston Denes Academy Vocal Group!! They were great, doing a long harmonic piece with a lot of tapping and clapping and stamping as well, performing with Group A. We all enjoyed their performance and tell the students too! (I think the applause showed people enjoyed it!)" - Sylvia Owens (retired language teacher).

Mrs Newson, Teacher of Technology, went to see the performance. Here's what she told



Miss Curtis: "Oh wow - what a real surprise and huge pleasure to see you and the students from our academy on the huge stage at Snape Maltings Christmas Concert. I felt so proud of you all and it was amazing to see the confidence of our students standing there and taking part - a real credit to them and to you."

Chooseday Tuesday!

Reflecting on the first weeks of the New Year we have had a number of visitors to our academy for our regular Chooseday Tuesday event. In the next few months we are inviting many more employers, apprenticeship providers, colleges and sixth forms to meet our students on Tuesday lunch times in the Entrance Hall. We would love to have your suggestions and participation on Tuesdays; if you have suggestions please let me know, thank you!



Pictures of students talking to WS Training, National Citizen Service, Seajacks and UCS.



In the next couple of months we are expecting;

- UEA with Health Ambassadors
- East of England Ambulance Service
- East Norfolk Sixth Form
- Edge Apprenticeships
- Kaplan Business and Finance Training and Apprenticeships
- Active Development Foundation (Football Scholarships and Apprenticeships)

Mrs C Ladbrook - All Together Guidance Professional

U14 Boys basketball team - runners up in North Suffolk Schools Games basketball festival

Our team took part in the recent North Suffolk Schools Games basketball festival in which five schools competed. Congratulations to Ormiston Denes' team who were runners up, not conceding a basket until the final game against Sir John Leman High School, losing 12-2 in the final game.



"A great performance by the whole team, and a particularly good performance from student JJ" said Mr Lewis, teacher of PE.

Well done to all teams that took part and congratulations to the winners.

Mrs J Durrant - Marketing & Communications Officer

A BIG PAT ON THE BACK TO YEAR 10 STUDENT, MAKALA WRIGHT



On Tuesday 19th January, Inspire House student Makala Wright went to Lowestoft Town Library to view our Lowestoft Station Arches project work, which she described as 'outstanding!'

She had just left the library and saw a man aged in his sixties, clutch his chest and collapse to the floor. He was unconscious for three minutes. In that time Makala stayed with the gentleman and phoned for an ambulance. Whilst waiting for the ambulance, the man gained consciousness and attempted to get up. Makala encouraged the man to stay where he was. During the wait for the emergency service to arrive, Makala remained with the man, talking to him and keeping him calm. Makala was quite shocked, but said she remained calm throughout the event.

The man thanked Makala for her assistance as he left for hospital in the ambulance.

Mrs J Durrant - Marketing & Communications Officer

Accelerated Word Millionaires

Accelerated Word Millionaires means that a student has read a million words since starting on the AR programme. AR does a word count on each book which goes into each student's running total every time they successfully complete a book quiz.

We are pleased to announce that we have recorded our first two Accelerated Word Millionaires. **They are Joshua Skipper SSM, and Corey Garriock WBU.**

Alumni - Melissa Youngs

Melissa Youngs attended The Denes High School from 2007-2011. She is now in her second year at the Royal College of Music, studying for a BMus (Hons) degree as a clarinettist.



Melissa told us that she was very academic and quite quiet. "I chose GCSE options that interested me (Music, Media Studies, and Graphic Design) because I didn't really know what I wanted to do after school, but always dreamed of playing clarinet as more than a hobby. Although the majority of my musical education occurred outside of school and I had no idea about music college at the time, Denes always encouraged me to aim high. We had trips to Cambridge University for early introductions to courses, and I was also part of a gifted and talented group that was mentored by our head teacher.

I was lucky to be able to receive a huge amount of support from my teachers, who inspired me to work hard and allowed me to achieve a great set of grades. GCSE English was my favourite, as it was taught by my favourite teacher, Miss Hall. She was so supportive of all aspects of my learning, not just English, and even got me a congratulations card when I passed my clarinet exam. It's teachers like her that leave a lasting impression and provide great role models for students to look up to.

I'm a massive perfectionist so revised for every exam and never missed a piece of homework, but also had my fair share of fun memories. I remember my media teacher telling us not to use Wikipedia for a piece of research work because it was unreliable, so he edited the article to contain the sentence 'Mr Morris is awesome' to see who had copied without reading it ... and people did! I also remember arguing with PE teachers over my refusal to participate in the lesson because I didn't want to injure my fingers and not be able to play the clarinet!

I am currently in my second year at the Royal College of Music studying for a BMus (Hons) degree as a clarinettist. I live in central London, spending most days practising clarinet, rehearsing with different music groups, and having lessons with internationally renowned musicians. I never thought that I would end up with a scholarship to a world class institution, studying to be a professional musician, as I didn't go to a specialised music school and could only dream of it in The Denes, but hard work and determination really does pay off."

Finally, when we asked Melissa what her message would be for our students, she responded: "My advice to current students is to make the most of school; work hard but also enjoy it as it only happens once. And, don't worry if you don't have a plan for your future yet, just do what you love and you'll figure it out. Also, participate in PE lessons now because gym membership and sports club fees are expensive when you're old!"

Our thanks and best wishes go to Melissa.

Please visit our Denes Alumni [webpage](http://www.ormistonden.co.uk/alumni/) to learn about many more Denes Alumni:
<http://www.ormistonden.co.uk/alumni/>

Former Denes' student and Lowestoft Town FC Manager, Ady Gallagher

Congratulations to former Denes' student and Lowestoft Town FC Manager, Ady Gallagher, who has just been named as Manager of the Month for December in the Vanarama National League.

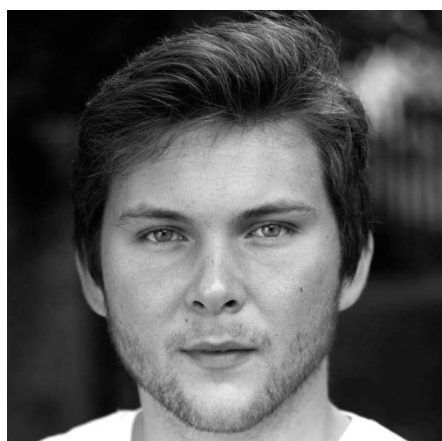
To read about Ady's days as a student here and much more, please visit our Denes Alumni webpage:

<http://www.ormistonden.es.co.uk/alumni/>

Ady is pictured here with Mick Chapman.



Another scoop for Denes' alumni Dan Walker!



Did you see former Denes' student Dan Walker in ITV's Endeavour on 24th January? We thought Dan was pretty impressive as gangster, Tommy Thompson.

After watching the final episode, Mrs Catchpole, our drama teacher said she was "buzzing." She tweeted "Amazing performance from Ormiston Denes alumni in Endeavour. Well done Dan. Very proud."

Mum, Diane Walker, credited Dan's success to Ormiston Denes' Drama department. She said: "His success is largely attributable to the support of the drama department at

Denes when he was there, which fuelled his passion for acting."

Dad, Gary Walker, told us he is "Very, very proud." Dan landed his first major TV role in BBC TV's period drama series "Call the Midwife" in which he appeared during February 2015.

We have just been informed that Dan has been accepted into the National Theatre of Scotland. Rehearsals begin shortly for his role in The 306: Dawn, A National Theatre of Scotland, 1418 NOW and Perth Theatre co-production, in association with Red Note Ensemble. Although the characters have not been confirmed yet, Dan will be playing a young soldier from WWI that is going to be shot for cowardice. Dan is playing two parts in the cast giving him the opportunity to multi-role.

The 306: Dawn is a new piece of music theatre from the National Theatre of Scotland. Based on real events, it charts the heart-breaking journey of three of the British soldiers who were executed for cowardice, desertion and mutiny during World War I (1914-18).

To read more about Dan, head on over to our website:

<http://www.ormistonden.es.co.uk/alumni/dan-walker/>

Let us know what you thought. We'd love to pass on your comments to Dan and his family!

If you missed the programme, it's available on catch-up:

<http://www.itv.com/hub/endeavour/2a1229a0013>

Study Plus Trip to the Natural History Museum - 16th December 2015

During December, both Study Plus groups visited the Natural History Museum in London. It was hoped that the visit would inspire us all to create projects for this term.

Despite arriving late to the museum due to a very large traffic jam, we had a few hours to explore the museum in our groups. Most of us already knew what we particularly wanted to see because we had researched the exhibits on display and planned our routes before we went.

The dinosaur section was a big hit! We saw skeletons of dinosaurs and were able to read about what paleontologists have learnt about these awe inspiring creatures. We also got to see a full size, animated Tyrannosaurus Rex, which was ever so slightly scary!

The volcano and earthquake section was fascinating too! We even got to experience what an earthquake would be like! The museum has created a shop, which shakes and moves to help us understand what it would be like to be in an earthquake - without the devastation and loss of life associated with it in real life.

My particular favourite was a section called the Cocoon, which is part of the Darwin Centre. A research centre for studies into DNA too; we could see research scientists hard at work and there were lots of enlarged microscope pictures of bugs and insects; they were amazing!



We didn't arrive back to the academy until quite late but a good day was had by all. Students have already worked hard on their projects inspired by this visit and we will be holding a presentation event after half term to share these with parents and students alike.

Ms K Edmondson

Golden Ticket Beach Party



On Wednesday 20 January we hosted a beach party to recognise our quiet achievers.

Quiet achievers are the students who attend the academy regularly, on time and in full uniform. They complete their work both in class and at home to the best of their ability. We value all our students and feel students like these deserve extra recognition for their consistent good behaviour and attitudes to learning.



Check out our Facebook page for more photos

CONGRATULATIONS!

We are very proud to announce that for the sixth year running, year 9 student, Taran Pledger, has once again been pre-selected for the Suffolk County Gymnastics Squad 2016.

Our congratulations and best wishes go to Taran.

Taran featured in our February 2015 Ormiston Denes Diary



Former students receive awards at Lowestoft Sixth Form College Annual Student Awards

A celebration of achievement was held at Lowestoft Sixth Form College where more than 150 students, former students/families, staff and friends heard testimonials of hard work and excellence relating to outstanding achievements, effort, potential and community work.

We are very proud to celebrate and congratulate the following former Denes students on their wonderful awards:

Danny Cook - Principal's Award



The Principal's Award went to our first Head Boy, Danny Cook. The Lowestoft Journal reported that his tutors described him as "the most genuine young man I have ever had the pleasure to teach and know who has worked exceptionally hard throughout his studies." "Danny has become a role model and a person that all students who known him have aspired to be more like." (Lowestoft Journal edition Friday January 1, 2016)

Read about Danny on our Denes Alumni webpage:

<http://www.ormistonden.es.co.uk/alumni/>

Daniella Harrison (Denes student 2010-2013) - Award for English

Larne Patrick (Denes student (2009-2012)) - Award for Performing Arts - Music, Drama, Dance.

Mrs J Durrant - Marketing & Communications Officer

Declan Salter



Since Declan left Ormiston Denes last year, he has been moving from strength to strength in pursuit of his darts career. You may have recently heard on the radio Declan talking to BBC Radio Norfolk's Rob Butler about his darts success. We also caught up with Declan.

Declan plays locally for the Ex-Servicemen's Club twice a week. He plays for the Ole Frank PH in Oulton Broad once a week and also in the Superleague for The Lake Lothing PH once weekly.

In addition to this, Declan plays county darts for Suffolk and was ranked Number 1 for under 18s last year. He also plays on the PDC (Professional Darts Corporation) Youth Tour and finished 121st in the world last year!

Declan is now focussing on the youth tour which starts in March, for which we send our best wishes.

We will be reporting further on Declan's progress later in the year.

Mrs J Durrant - Marketing & Communications Officer

BBC School News Report on 10th March 2016



Will Gatley, Digital Media Technician, arriving at the BBC for a briefing

Students are developing their journalism skills during this half term; creating news pieces that are inspired by our local area and the issues that affect their daily lives. Each tutor group will present one piece/article to be presented on a dedicated Ormiston Denes website for students to enjoy their peers' work.

As a celebration of this work, interested students will engage in the BBC School News Report on 10th March 2016. They will create a news day culminating in a news programme that will be linked directly to the BBC.

SCHOOL
REPORT
BBC
NEWS



Ormiston
DENES
Academy

Make the news
in your school

Miss H Morris

North Suffolk Sportshall Athletics

Ormiston Denes Academy is celebrating sporting achievement after winning the Sportshall Athletics competition. Students from years 7 and 8 competed in a series of track and field events against five other local high schools in this annual indoor competition.

The field events featured speed bounce, shot putt, standing long jump, triple jump and vertical jump, of which two competitors from each school faced off in a girls and boys competition. The sportshall is then cleared for the track events; a series of individual and relay events over 2, 4 and 6 laps of the sportshall, with rebound boards at either end.

The Ormiston Denes team felt they were in with a challenge after a successful round of field events, most notably the jumping events with some fantastic jumps from the girls in particular. As the tension grew for the track events, Ormiston Denes were in the lead.

The races saw Ormiston pick up a series of first places and second place spots to secure their lead in the competition, with notable performances by the boys' squad. Sir John Leman girls' team were exceptional in the running events and pegged back the lead, which went to a thrilling climax. The extensive training of the Ormiston Denes' teams showed in the final races with swift relay changeovers to secure the title with a first for the boys and runners up for the girls.

Thanks go to the School Games Organiser, Jeffrey Hoey, and the sports leaders of Ormiston Denes who officiated the event

Final results

Girls

- 1st Sir John Leman High School
- 2nd Ormiston Denes Academy
- 3rd Pakefield School
- 4th East Point Academy
- 5th Benjamin Britten High School
- 6th Beccles Free School

Boys

- 1st Ormiston Denes Academy
- 2nd East Point Academy
- 3rd Sir John Leman High School
- 4th Benjamin Britten High School
- 5th Beccles Free School



Mrs P Sutton

London's Tate Modern trip

On 15th January, KS4 Art and Photography students went to London's Tate Modern Gallery. The students undertook a photography and drawing workshop along the south bank during the morning. Students were able to produce a wide range of primary research. In the afternoon, students completed a tour of the gallery and where able to experience the work first hand from a wide range of contemporary artists. Students found the experience extremely rewarding and gained inspiration, as well as an understanding of how contemporary art is important to British culture and values. The day was an incredible success and the students were a credit to the academy, conducting themselves in a mature and motivated way.



Pablo Picasso 'Weeping woman'



Abraham Cruzvillegas 'Empty Lot'



Louise Nevelson 'Black Wall'



Marisa Merz
'(Untitled)
Living
Sculpture'

Miss A Barwood

As part of their GCSE course, 10y3 needed to know the long and short term effects of smoking. Two students in particular were very passionate in their writing, they are Thomas Gambrell and Landree Altham and their work has been included in this newsletter to inform people of the risks associated with smoking.

Thomas Gambrell - 10Y3 (GCSE drugs unit)

Smoking damages your heart and your blood circulation, it also increases your risk of developing conditions like;

- **Lung Cancer**
- **Heart Attacks**
- **Heart Disease**
- **Stroke**
- **Damages Blood Vessels (peripheral vascular disease)**
- **Damages arteries that supply blood to your brain (cerebrovascular disease)**

I personally think that smoking is a terrible thing mainly because of the long term and short term conditions, especially lung cancer because you can't cure this every time, it's a 71% chance of surviving if caught very early. All of these conditions above are terrible and a painful experience, would you like to go through this?

Initially I didn't think smoking caused environmental problems, but it does here is a list I found.

- **Passive smoking**
- **Fires**
- **Littering**
- **Smoke going into atmosphere**
- **It also looks terrible when children are walking around and see you**



Looking at the effects on the NHS from smoking I was surprised, because the NHS pay for the treatment if you get a disease or a smoking related illness, people with lung cancer cost millions to treat but I personally think we shouldn't because why should we help if they got themselves into that disaster but also if we give them the treatment who's says there going to learn from that mistake.

100,000 smokers in the UK die from smoking.

There are about 10 million adults who smoke cigarettes in Great Britain, 22% of adult men and 17% of adult women are smokers.



Smoking

Landree Altham - 10Y3



Smoking can damage your heart and your blood circulating around your body. It can also cause a risk of developing the following illnesses; coronary heart disease, heart attacks, strokes, damage of the blood vessels and also damage arteries which supply the blood to your brain.

The dangers of smoking can be quite scary and can harm your body in several different ways. I believe that 90% of lung cancer is caused by smoking and it is a very harmful and painful illness to have, it's a very slow and painful death and it causes you to be in a lot of pain, feeling very ill and constantly being sick. Heart attacks can cause the blood to stop circulating to your heart, lack of blood to your heart can cause damage to the heart muscle.

Every year 100,000 people die in the UK from smoking, people lose their family members due to smoking. Smoking increases your risk of developing 50 more serious health conditions, some of them may be fatal but some of them could be reversible and cause long term damage to your health.

Smoking cannot just harm you but it can harm the others around you, from passive smoking you can still turn ill and get lung cancer because of the fumes travelling in the air. Think about your family and friends around you that could get harmed or turn ill because of your disgusting habit.

My personal opinion on smoking is that I don't think anyone should smoke, you're taking a risk with your health, I have lost family members because of smoking, there are so many illnesses and risks.

The effects of smoking has a massive impact on the community because, passive smoking towards the other people around you can harm them, children could look up to the public smoking and it could make them want to try it, and increase the rate of smokers, it also affects the community by more litter being caused, it can also cause danger towards animals because they could eat them. Smoking can cause a lot of house fires, which could cause danger towards others that may be in the house, or people nearby.

Link to stop smoking website

<http://www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx>

ORMISTON DENES ACADEMY EXECUTIVE COUNCIL

What have we been doing for you?

Enquire

Enquire House's previous rotation consisted of running and planning charity events throughout the academy and we raised a substantial amount of £1,941.28 over three charity events! Our next rotation is promotions and Skills 4 Learning, meaning that we will be the ones to influence what happens around the academy and how it is presented. One of our aims is to continue with the work that Inspire started and to eventually get some form of a "Student Leadership" newsletter. We hope it will include a variety of things which we are unable to share at this moment in time. However, keep an eye on the Student Leadership Team notice board because things are about to get interesting!

Inspire

We are currently on rotation 3 for this academic year. This rotation for Inspire is Inter-House competitions. We will be running a range of different competitions which we hope will suit and be enjoyed by every single student of Ormiston Denes Academy. We will be getting ideas from tutor groups from Inspire as well as our ambassadors and will hopefully develop some of the popular ideas into a reality. In addition, we are participating in the EACH £50 challenge, to try and raise as much money as possible for this great charity. A disco and Valentine's cookie sale has already been organised, with lots of further events to follow. Watch this space!

Endeavour

Our 'Project' has been agreed by Mr Marshall, and we are now in the process of costing some flag football and cheer-leading equipment, liaising with the sports department. We hope to soon have these items in the academy. Our new rotation is 'Charity' and we are currently preparing towards Sports Relief. We have some exciting ideas, still to be agreed, details will follow in the next edition. We are also looking for a second charity fundraising event.

Venture

We've been busy promoting our two competitions (A baking competition and a quiz, which you can grab sheets for from house base). We are currently working on our projects where we will be given £300 and we could have fundraisers if more funds are needed, but at the moment we would love it if students could give us ideas on what our projects are. Also thank you to anyone who gave ideas for the competition.

Blooming Marvellous

We have designed a powerpoint with the details of our watering can design competition, which is to be launched shortly. We have also come up with the design for a shield we have planned to put outside the front of the school, and this is now waiting to proceed further.

Bakery Project

Hello I'm Jamie, Bakery Manager. The bakery project has had a good start so far. Students involved in the enrichment have raised money for the residents doing car washes and bake sales and they raised a commendable £79 which was spent on Christmas presents for the residents. Currently the new group are just getting used to way the enrichment works and I hope to do some exciting events with the latest group in the coming weeks.

Lowestoft's Time Portal Hub - Lowestoft Railway Station Arches **Project Update**

In September 2015 we told you about our students' involvement with a project organised by Lowestoft Living Archive and Abellio Greater Anglian Railway, to come up with a dynamic graphic to be embedded into one of the station arches. Other organisations were also selected to do the same, covering all ten arches.

Following a display of all artwork entries in Lowestoft Library (18 Jan - 29 Jan), the official judging took place on Thursday 21 January by a select group consisting of county councillors, representatives from Community Rail Partnership and the Ferini Gallery.

We are very proud to tell you that one of our designs has been selected. "A significant choice for many and will feature very prominently in one of the arches" said Mike Holroyd of the planning team.

Pictured right is the winning entry, our collagraph print. Our students decided to research Lowestoft's fishing heritage in response to the theme. Over the course of four weeks, year 9 students researched fish commonly found off the Lowestoft coast and how significant these have been to our town's industry.



Students produced observational drawings of herring, cod and flat fish. They then developed these using a range of techniques including print, 3D and digital outcomes, working individually and collaboratively. The winning entry is a collaborative piece, comprising of several students outcomes. They each created their own collagraph printing plate of a fish, which was then put through the printing press.

Our Art Department staff said: "We are really proud of how hard the students worked on this project, and we are over the moon that their dedication and enthusiasm has been recognised."

For more information on this significant project, please visit our website:

<http://bit.ly/1N7Y1o0>



Pictured are our students, Marta, Hannah and Chelsea, representing the Ormiston Denes' submission, alongside Derek Hackett, one of the judges.

Funding for the project came from the Locality Budget of Suffolk County Councillors.

You can read the full story in the News section of our website: <http://bit.ly/1N7Y1o0>

Mrs J Durrant - Marketing & Communications Officer

Visit to the new Waveney District Council and Suffolk County Council Building

A small group of students recently had the opportunity to have a tour of the new Riverside building, where 480 staff from Suffolk County Council and Waveney District Council now occupy the shared premises. They were shown around by Stuart Halsey, Active Communities Officer at Waveney District Council. As well as the tour, the students had the opportunity to ask questions, and to learn more about the services that are provided from the premises and the various careers available within the two local councils.

The trip was very informative, and was part of the students' personal development programme. The students asked a lot of questions and learnt, amongst other things, why we pay our council tax, where this money is spent, and what services are provided for children and young people.

Our thanks go to Stuart Halsey for taking time out of his busy schedule to show us around.

Ms J Mayo - Projects Manager

Year 9 Gifted and Talented Conference

A group of year 9 students recently had the opportunity to participate in a 'Year 9 Gifted and Talented Conference - Design, Create, Innovate' organised by Lowestoft Sixth Form College

During the course of the day students had to work in groups undertaking three challenges, a logistics challenge, a technological challenge and a kinaesthetic challenge.

A total of seven local secondary schools were involved in the day and our students worked really well, with groups coming second place in two of the three challenges.

Comments about all students in general were that they were all involved and on task throughout the day, had excellent teamwork and listening skills, were really creative and came up with some brilliant ideas. They really were a credit to the academy.



Our students thoroughly enjoyed their day and the tasks involved, which allowed them to see what it is like to work in a College environment.

Our thanks go to Lowestoft Sixth Form College for organising a fantastic event, and to all the staff involved in delivering the various workshops.

Ms J Mayo - Projects Manager

Small changes, big differences.



Triple P Teen Parent Group April 2016

Ormiston Denes Academy, Yarmouth Road, Lowestoft, NR32 4AH

- Triple P allows parents to choose techniques that work best for them and their families. We provide the information, but you choose the ideas to use and that will work!
- Triple P gives parents proven tips and suggestions about handling common behavioural and developmental issues in their children.
- Triple P involves emphasising positive communication, and planning ahead to prevent a range of issues.

To book a place on these popular workshops please email jwhitehead@ormistonden.co.uk indicating how many places you would like.

PRESENTER:

**Frances Desborough
Area Parenting Co-ordinator
Contact Details: 07540 671193**

COURSE DATES:

- 1. Session 1 Thursday 21st April 6.30 - 8.00pm**
- 2. Session 2 Thursday 28th April 6.30 - 8.00pm**
- 3. Session 3 Thursday 5th May 6.30 - 8.00pm**
- 4. Session 4 Thursday 12th May 6.30 - 8.00pm**
- 5. Phone Session 1 Thursday 19th May**
- 6. Phone session 2 Thursday 26th May**
- 7. Phone Session 3 Thursday 2nd June**
- 8. Session 5 Thursday 9th June 6.30 - 8.00pm**

**It is recommended that you attend
all sessions.**



**Ormiston
DENES
Academy**



**Suffolk
County Council**

www.triplep.net

X Factor Live finalist, Sam Callahan, visits our academy



This interactive event was presented by Sam to our year 7, 8 & 9 students, as part of his online safety and cyber bullying tour. Ormiston Denes was one of twenty schools included in the tour during February, although the complete tour has covered 2400 schools around the UK.

Our students were also lucky enough to see Sam perform some of his hits. Sam reached

the live finals of ITV's X Factor in 2013, getting into the final seven. Since then he has been touring all over the UK and he has recorded his debut album. His new EP "Bigger Things" was released last November and all proceeds are going to The Teenage Cancer Trust as he has a close friend who is battling the disease.



"Sam gave an excellent performance in his online safety and cyber bullying message as well as his singing" said Ms Mayo, Projects Manager. She added: "Sam's rapport with the students was fantastic, and his presentation was informative and engaging. His singing went down a storm!"

At the close of school, students were invited back to buy merchandise, get autographs and selfies, for which Sam was very obliging.



Thank you to the Lowestoft Journal who came in to cover this event.

Our photo album can be viewed on our Facebook page:

<http://on.fb.me/1R1i8oO>

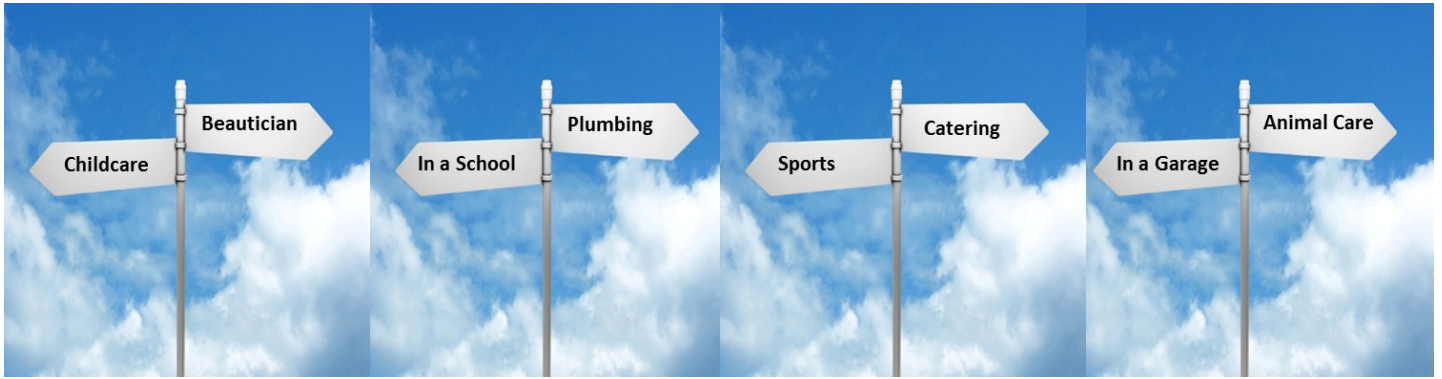
Mrs J Durrant - Marketing & Communications Officer

Latest photos from our academy garden



Our students continue to work hard with the support of Lesley Hartley from EastFeast. As well as working in the academy garden, they are now putting their talents to good use in an area beside the Aspire Centre.





Year 10 Work Experience Monday 13 - Friday 17 June 2016

- Work experience gives young people the opportunity for involvement in a workplace, helping them to understand how the world of work operates and how it differs to school. For many students this will be their first chance to work in an adult working environment, and an opportunity to show their potential. It can increase confidence, further develop employability skills and bring the curriculum to life by showing how subjects can be applied and valued in the workplace.
- Year 10 students have received their work experience application packs, and the completed applications form should be handed back to tutors by **Friday 12 February 2016**. If your child has not yet returned their form, please ensure that they do so before this deadline date.
- Please support your child with their work experience applications and discuss the various options available, including 'Find your own' work placements which helps to ensure students have a placement of their choice.
- We would recommend that students consider finding their own placement, in order to meet their specific choice and needs, and to ensure a placement that they will be successful in. Students have until 24 March 2016 to be able to find their own placements, using the peach coloured forms which were in their launch packs.
- Should students have any queries, they should come along and see Ms Mayo in her office.

**FAMILY AND COMMUNITY LEARNING
SPRING TERM PROGRAMME 2016
FREE OF CHARGE**

**ALL ORMISTON DENES STUDENTS, PARENTS, CARERS and LOCAL COMMUNITY ARE WELCOME
THIS IS A WARM AND WELCOMING WAY TO LEARN A NEW SKILL OR SIMPLY HAVE FUN!**

Just fill in the ONLINE booking form (see link below) at least a week before each workshop, pick up a booking form and hand in to our Reception OR email me directly at jwhitehead@ormistonden.co.uk

Mrs Jan Whitehead - Family & Community Learning Leader
<http://workshops.ormistonden.co.uk>

WORKSHOP	DATE(S)	TIME	TUTOR	ROOM
Easter Crafts (Seasonal paper crafts)	Thursday 10th March	6.30pm - 8.30pm	M. Rudd	T26
Easter Basket (Make your own miniature garden)	Thursday 24th March	6.30pm - 8.30pm	J. Whitehead	T26

Book Mastermind

Round 1 of the annual Book Mastermind competition was held in the Library on 28th January with eleven students taking part. The winner was Josh Godbold, who answered questions on David Walliams' book 'Ratburger'. The two (equal) runners up were Daisy Parr, who answered questions on David Walliams' 'Billionaire Boy' and Kacie Collis, who answered questions on 'Alice in Wonderland'.



Josh now goes on to represent Ormiston Denes Academy in Round 2 which is due to be held at Sir John Leman High School on Tuesday 15th March.

Well done to all students who took part.

*Mrs D Ames
Library Manager*



Ormiston
DENES
Academy

KNOWTOWNS

23rd, 24th & 25th February 2016

Doors open at 6.30pm

Curtains up at 7.00pm

Adult - £5 Child/Concession - £3

Tickets available at www.ormistonden.es.co.uk

Tel: 01502 574474

Music and Lyrics by
STEPHEN SONDHEIM

Book by **JAMES LAPINE**

Originally Directed on Broadway by James Lapine
Orchestrations by Jonathan Tunick.

This amateur production is presented by arrangement with
JOSEF WEINBERGER LTD.

On behalf of MUSIC THEATRE INTERNATIONAL of New York.