



# A Year in the life of Roding Valley High School

Aspiration Respect Endeavour

September 2018

## EFYC Parliamentary Debate Winners

**On Friday 17th November, Florence New and Eva Randall won the Epping Forest Youth Parliamentary Debate, hosted by Eleanor Laing MP at Epping St John's School.**

The motion put forward for debate was, "This House believes that the Government's 0.7 per cent ring-fenced budget for overseas aid should be reduced and the money saved should be spent in the UK". Roding Valley was arguing against the motion.

The standard of competition was high, with our students competing against five other schools from the local area on both sides of the motion.

Florence and Eva put forward eloquent, intelligent and compelling arguments. This, alongside a bucket-load of confidence and charisma won the competition for Roding Valley in a lively, engaging debate.

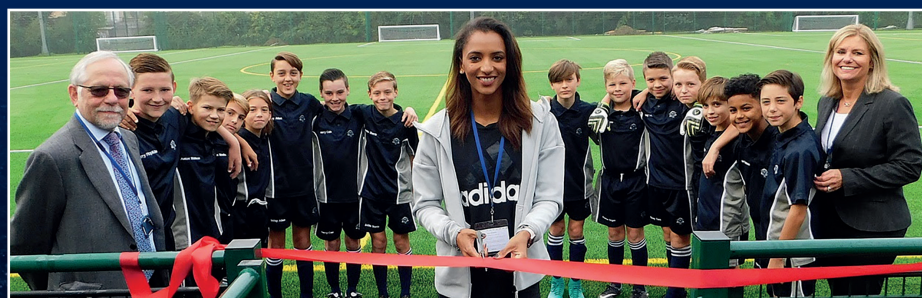
As the winners of this prestigious event, Roding Valley will be the hosts of next year's competition.

Congratulations to Florence and Eva!



## Great Britain athlete Laviai Nielsen opens our new 3G pitch

**Great Britain sprinter Laviai Nielsen visited Roding Valley High School in Loughton to officially open the new 3G pitch.**



Laviai, who came fourth in the final of the women's 400m at the 2017 European Athletics Indoor Championships and was a member of the Team GB silver medal-winning 4x400m team at the World Athletics Championships in London, cut the ribbon watched by the Year 7 football team, Head of School Sharon Jenner and vice-chair of governors Paul Wershof.

Mrs Jenner said: "It was an honour to have Laviai officially open the new 3G Astro Pitch. She is an inspiration to our students and I was delighted that she also agreed to speak to them during their morning assembly. She was warmly received by the Year 10, 12 and 13 students as part of the week's pastoral theme of 'Resilience'.

*It is a really exciting time for the school and this new first-class facility further adds to our wonderful sports facilities. It is great that we will be able to give our students the opportunity to train and play sport on this high level pitch.*

*The main reason to use a 3G pitch is the reliability of the surface without match postponements due to waterlogged or frozen pitches. By having a surface that is unaffected by rain, sun and ice it never suffers damage and can be played on morning, noon and night without any harm to the surface. Our sports teams are already very successful and this fantastic facility can only encourage increased participation and higher standard of play."*



## Jack Petchey 'Speak out Challenge'

**Congratulations to our student Florence New who won Third Place in the West Essex finals of the Jack Petchey 'Speak out Challenge' on Thursday 10th May.**

Florence did incredibly well and the standard of speakers was the highest seen. Aliya Silverstone was the MC for the night and did the school proud. Teachers and organisers were complimenting her on the way out saying how she had been the best MC they had seen.







## ENRICHING THE CURRICULUM

### KS3 Challenge and Enrichment Showcase

On Tuesday 17th July, we hosted our yearly KS3 Challenge and Enrichment Showcase competition. Students were invited to showcase the projects they had been working on over the last two months to demonstrate one of their passions or interests in a creative and impressive way.

The night kicked off with a performance from Roding Valley's very own Year 8 boy band. Ethen Dignam, Zak Smith, Arda Culculoglu, Ethan Harvey and Aden Black gave a stunning performance of 'Johnny B. Goode' by Chuck Berry. This set the tone for an energetic and lively evening, full of talent.

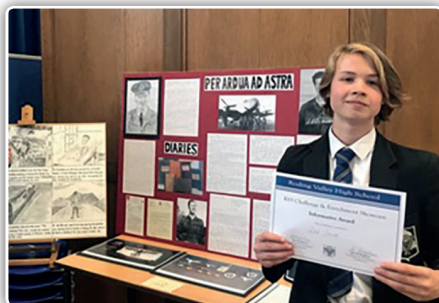
Four prizes were available on the evening; the 'Imaginative Award'; the 'Innovative Award'; the 'Informative Award' and the 'People's Choice Award'. There were over 40 impressive projects entered in the competition, so it was a tough job for the judges of the competition.

Roding Valley welcomed back Stephen Murray in his new capacity as Loughton's Town Mayor to oversee the judging. Head teacher, Sharon Jenner joined him with School Governors; Margaret James, Tony Barritt, Susan Wiseman, Gary Stone and Susan Famiglietti.

After much deliberation, the judges awarded:

#### **Zak Smith the 'Informative Award':**

Zak's project on WWII demonstrated his impressive array of talents including intricate sketches of his grandfather's WWII experience, primary research of letters and diaries at the British Museum as well as valued WWII artefacts. This was truly 'informative', highlighting the personal experience of the individual soldier at war.



#### **Ruby Coyte the 'Innovative Award':**

Offering an immersive experience, Ruby's project showcased the wonders of the mind with her 'Optical Illusion' project. Ruby was able to eloquently explain the science behind our eyesight and mental processes resulting in the optical illusions she demonstrated. Her project included a demonstration of light refraction and the effect this has on arrow directions behind a glass beaker as well as animated optical illusions created with transparency film.



#### **Amelia Martin the 'Imaginative Award':**

Amelia's topical project on the 'Women's Rights Movement' offered a refreshing new take on the subject. Amelia had asked a number of women to contribute their own views on women who inspire them. She then created a tapestry of these views in the colours of the Suffragette movement. Accompanied with the tapestry were badges and bookmarks for the audience to take away with them as well as her own primary research into letters and the census of Suffragette women at the time.

#### **Sam Bonner the 'People's Choice Award':**

Sam's project on Banksy revealed his passion for street art. Sam's large scale 'Banksy Wall' brought the urban streets of London into the school hall and included Sam's own 2D and 3D art demonstrations. He clearly understood the messages Banksy stood for, and recreated his political statements in an interesting way.

All students should be commended for their projects; the judges commented on the astonishingly high standard, which is built on every year. This was a great way to end the school year and we at Roding Valley look forward to the next showcase.





## ENRICHING THE CURRICULUM

### Whitebridge Primary Year 5 Sports and Creative Arts Day

In June, Year 5 students from Whitebridge Primary School had the opportunity to experience some of the activities we offer to our students at Roding Valley High School. The Year 5s had the choice between an hour of Music and Art or an hour of PE and Drama.

In PE the students were able to use our new 3-G Astro and were introduced to the sport of Ultimate Frisbee, developing their team work skills and learning the basic principles and rules of the game. The Year 5 students were supported by some of our Year 7 girls.

Students touched on some drama skills while exploring the theme of circus. They learnt the basics of mime skills and devised a mimed juggling act, considering

focus and muscle tension. Then we explored how to move in an animalistic manner by studying video footage of animals, then devising a circus animal act with a ring-master narrating.

In Art, they did a practical introduction to 'Polyboard Printing'. They created print blocks based upon the school logos of Whitebridge and Roding Valley and used printing inks to create their own single colour images. The students worked really hard and everyone walked away with their own piece of simple art work. We also took a little tour of the exhibition space so they could see some of our outstanding GCSE work.

In music the students were able to use our Mac books and become familiar with the Logic sequencing software. From



this they were able to experiment with different sounds and they recorded their own playing.

All students walked away from the day with a huge smile on their face saying how much they had enjoyed the morning.

### Year 7 STEM Trip

On June 8th, our Year 7 students visited the Queen Elizabeth Park for a STEM Trip hosted by Shell, called 'Make the Future Live'.

This event displayed the endless opportunities in making an eco-friendly world. Some of the activities involved capturing carbon, designing an eco-marathon car and taking part in an energy quiz. A wonderful and inspiring day out!



### Year 7 Study Skills Day

As part of our drive to teach lessons that encourage **ASPIRATION**, instill **RESPECT** and help all pupils **ENDEAVOUR** to realise their full potential, through developing a life-long love of learning; we recently completed our Study skills day for Year 7.

The day itself was split into 5 sessions which focused on developing the following skills:

- Problem Solving
- Literacy
- Teamwork and Communication

- Growth Mindset
- Revision Skills

Well done to Year 7 for committing to the day and producing some very high-quality work, it was a pleasure to see such enthusiasm and quality. We look forward to seeing some fantastic results over the next seven years!



### Year 7 Trip to Parliament

On Tuesday 15th May, 17 students visited Parliament. We were invited by our local MP, Eleanor Laing and given a tour of Westminster Hall, the House of Commons and the House of Lords.

When we arrived, we were struck by the beauty of the Palace of Westminster, with its stunning outer design. We were greeted with a lovely Tour Guide, who showed us around. The whole place is so beautiful and we all felt inspired being around the statues of such inspirations as Winston Churchill and Margaret Thatcher. There was one left over pillar where a statue could be placed; maybe it might be one of us in the future.

We all had a brilliant time and felt privileged that we were invited. Parliament is an exciting place and hopefully, we will debate there in the future.

Written By Ruby Coyte 7T







## ENRICHING THE CURRICULUM



### Year 7 Democracy Day

To celebrate the Centenary Year of the Universal Suffrage, on Friday 5th February Year 7 enjoyed a Democracy Day.

Sessions were organised and led by a number of Year 12 and 13 students, many of whom are studying Government and Politics. The activities included research into the history of democracy in the UK and explored our current political landscape. MP Eleanor Laing also joined students to speak about her role in Parliament and kindly stayed for a Q&A session with our Year 7 School Council Representatives.

The day ended with a mock rally in the playground with pupils protesting with banners for the vote to be given to 16 year olds. A great day was had by all and we appreciated the effort our Year 12 students put into the day and the time Eleanor Laing spent with us.



### Year 8 Trip to Skern Lodge

In July, our Year 8 students went on their Residential Trip to Skern Lodge, the students and staff had a fantastic time pushing themselves to their limits.

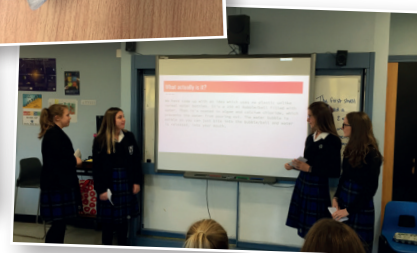
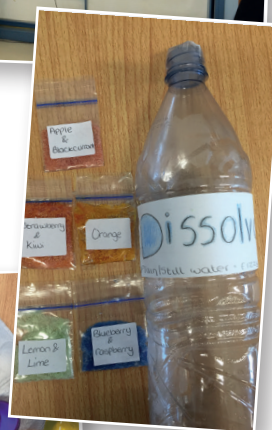


### Year 9 Entrepreneurs Day

Having returned from their trip to the Field Studies Centre in High Beech in September, 14 Year 9 students took their involvement in the Green Entrepreneurs Europe Project one step further and got to work on designing a sustainable product.

The groups worked extremely hard after school and in their own time to complete a range of tasks in order to prepare to 'launch' their products. The groups independently created prototypes, decided on their social media strategy, made a pricing plan and justified the sustainable credentials of their products!

Monday 6th November saw the 4 groups of Roding Valley Year 9 students pitch their ideas against Year 9 students from Brampton Manor Academy. To begin with, we heard speeches from industry experts about how their companies were improving sustainability in their companies. Experts from Ford talked about their work on electric cars and experts from Glaxo Smith Kline taught us about their recycling of asthma pumps to limit waste wherever possible. Following this, our students presented with confidence and professionalism to the audience!







## ENRICHING THE CURRICULUM

### Year 9 Green Economy Day

The Y9 Green Economy day got off to a (rainy) start at High Beech! Their first activity was to collect as many animals as possible from a forest area. Taking care of course...

Joel also wasn't too impressed with his compulsory water proof he was given.



### Year 10 visit to Westminster Kingsway College

The Year 10 Hospitality and Catering students visited the Westminster Kingsway College in London on 22nd May. They took part in a pasta making lesson, making tortellini with ricotta and sage filling.

The students then had a tour of the college; which included a chocolate room, bakery, butchery and restaurant. The students also had a two-course meal consisting of seared chicken breast, savoy cabbage and creamy mash. The dessert was strawberry and white chocolate mousse.

One student commented that the meal was divine, another said that the restaurant was 'posh' and the staff were friendly and welcoming.



### Year 10 visit to University of Oxford

On Tuesday 16th January, 21 students from Year 10 and Year 11 went on a trip to Hertford College, University of Oxford, to get a taste of life at Oxford, the application process and higher education.

When we arrived, we were greeted by a tutor, who was formerly a student at Hertford College. We went in and she told us about the college, and what learning at Oxford is like. She then demonstrated a 'tutorial', which is a lesson a student gets either alone or with someone studying the same thing, with a tutor. Then we went to lunch in the dining hall. The food was nice, and there were lots of portraits of former students hung on the walls. We then went on a tour, with a chemistry student. It was amazing to see the Bodleian Library, one of 6 copyright libraries in the UK. We also saw the student accommodation and heard stories about the college cat, Simpkins. The last thing we did before we left was listening to three current Oxford students, who told us their opinion on what life was like and all about the admissions process. Overall, it was a very educational and interesting day; and now I want to study at Oxford!

Written by Florence New







## ENRICHING THE CURRICULUM

### Year 10 students visit to Queen Mary University

On Tuesday, 7 November a group of 20 Year 10 students went to Queen Mary University in Mile End to participate in a Chemistry Plastic Lecture.

The afternoon was very interesting, and allowed students to see the endless career opportunities in Science and how new materials are being developed just by using plastics. These include: fake snow, wallpaper TV, an intelligent shopping trolley-where there is no need for a check out and an automatic iron-which am sure many of us would benefit from! The day was enjoyed by students and gave them an insight into University life. It was a pleasure spending the afternoon with them.

'Feedback from the lecture: *"The lecture was absolutely fantastic and phenomenally conducted. It was very intriguing and I thoroughly enjoyed it, especially when she said to confront the teachers about proving information and disproving some of the misconceptions of science; it really broadened my knowledge!"*

*Thank you for this trip today, it was amazing and well worth it!"* Leighton Brooks

*"The lecture was really interesting and engaging because the presentation of it was very visual with the demonstrations which defiantly made it a lot more fun and easy to remember. I feel like I learnt a lot of cool and new things today about polymers (at type of plastic that isn't solid but isn't liquid) and how they can be used in new products. The entire thing was really thought provoking, opening up a new scope of possibility's and ideas for future inventions and products. I'm so glad that I went and would defiantly go to something like that again".*

Patsy Stow



### Year 12 Geography Trip

As our Year 12 Geographers began their new topics for their study of A-Level Geography, we spent a day in London focusing on the development of London and areas of regeneration taking place in the city on our doorstep.

We started by visiting The Building Centre, home of New London Architecture, and explored their London model. This model made us realize just how vast our city is and we spent some time studying it. The model shows the thousands upon thousands of buildings in London and interestingly, those in white are those that have been built (or are planned) since 2012. It really is astonishing how much the city of London is continuing to grow!

Following this, we walked to the studios of a key London architecture firm to listen to a seminar discussing this idea of

regeneration in more detail. Our Year 12s listened intently and had an opportunity to experience what a University level seminar is like.

The final part of our day involved us returning to the Building Centre to work in groups and design a regeneration project for Stratford town centre. The students had to consider what the priorities would be for a regeneration project in this area and how local councils and stakeholders might go ahead organizing something like this.

A great day was had by all and learning about regeneration in context certainly engaged the Years 12 in their new topic!







## ENRICHING THE CURRICULUM

### Progress Points Rewards Trips

In June and July, our students had their rewards trip to Thorpe Park. The places were offered to those students with the highest number of Progress Points. We also factored in attendance and punctuality. Fun was had by all.



### Macbeth Performance

On Friday 4th May, Our Year 10 and Year 11 students enjoyed a wonderful performance of Macbeth by The Globe Theatre at our school.



### Roding Valley Students Inspired to Take Up Careers in the NHS as Senior NHS Leader Heads Back to the Classroom

As part of plans to mark the NHS's 70th birthday in July, Ray James CBE, National Director Learning Disability, returned to the classroom to promote careers in the NHS.

He attended Roding Valley High School to talk about the vast number of career opportunities in the NHS including; Doctors, Nurses, Midwives, Paramedics, Dentists and many more, as well as inspiring young people to take up Science, Technology, Engineering and Maths (STEM) subjects.

Ray has worked in health and social care for 34 years and recently received a C.B.E. in the 2018 New Year's honours' list. He said: "I really enjoyed the opportunity to talk with and listen to students, sharing how three generations of my family have very different roles in the NHS. I hope that many of the students will have been encouraged to think about a wide range of future careers in health and care settings and the difference they can make to people's lives."







## EXTRA CURRICULAR EXCELLENCE

### EFYC 10 Year Anniversary

In June, Mrs Jenner and Miss Dyer were both delighted to be invited to Westminster's Portcullis House to celebrate the 10 year anniversary of the Epping Forest Youth Council.

Miss Dyer said it was such a pleasure to spend time with ex-students who were part of the original 2008 Youth Council team, alongside our 4 current youth councillors and numerous other students from Roding Valley who have been youth councillors over the last 10 years.

It was a very prestigious event attended by the Right Honourable Dame Laing, the Sheriff of Epping Forest and numerous other people who have played a part in the Youth Council over the years.

It was a fantastic evening of celebrating Student Leadership.



### Ribi Young Chef Competition

On 29th November 2017, we held our second cooking competition for the year which was the Ribi Young Chef. We had an excellent turnout and it was very encouraging to see the Year 7's entering.

As usual we had wonderful dishes prepared for our judges who had a great afternoon enjoying all that was put in front of them! Thank you to Mrs Sargent and Mr Stewart, who did a marvellous job of judging.

A very well done to all those who entered: **Lola Collings** (7Q), **Harrison Scott** (7Q), **Poppy Arnott** (7W), **Joshua Conway** (7V) and **Amber Giddy** (10S).

All the students worked extremely hard and their dishes were fabulous, but there had to be a winner and this went to Lola Collings with her beautiful Thai Fish Cakes, and our runner up was Amber Giddy who made a lovely Butternut Squash Curry.



On Thursday 25 January, both Lola and Amber represented Roding Valley High School at New City College, for the second round of the RIBI young Chef competition.

Both girls showed how far they've both come with their cooking skills and both produced excellent dishes. Unfortunately neither got through (this time!), but a massive well done to them both.

Thank you to all the parents/carers for your continued support.

Food and Nutrition Department



### 'Bake Off Challenge'

Roding Valley's 'Bake Off Challenge' in June was another huge success; our young bakers whipped up a storm to create some amazing cupcakes, all hugely different designs and creations.

Thank you to our judges Mr. Murray, Ms. Sargent and Mrs. Daly who had a hard task in judging such a high standard of competition.

Congratulations to **Lola Collings** (7Q) with her winning unicorn cupcakes, and runners up **Nancy Tabram** (7U) and **Hannah Ward** (8W).

Well done to all participants in the competition, and thank you to all parents/guardians for your ongoing support.







## EXTRA CURRICULAR EXCELLENCE



### Duke of Edinburgh Bronze Award

On Friday, 27th April 2018, the groups taking part on that weekend's expedition had a drop down period five to organise route cards, plan routes and shop for food. We went to Sainsbury's as a group and prepared the meals we would eat on the trip.

On the 28th April, four Duke of Edinburgh groups set out on their expedition. We all met at Chelmsford Bowling Alley Club with our packed rucksacks and waterproof clothing as it was raining. At around 10:15am each group set off on their 6 hour walk to the campsite. The walk was the route we had planned the day before and was not supervised by an adult until we met them at different checkpoints throughout the day.

When we got to the campsite we put up our tents, cooked our meals and socialised until it was time to head to our tents. It was an early start the next morning at around 6:30am for another day of walking. But first, we put down our tents, packed up our bags and cooked another meal (breakfast).

Then at approximately 8:30am the groups set off for 6 hours of walking until reaching our final destination where, relieved, we met our parents.

Written by Olympia Barnett (KS3 student)



### Jack Petchey Awards

On Tuesday, 10th July 2018, some of our students attended the Jack Petchey Award Ceremony held at Sir James Hawley Hall, where they received recognition for all of their hard work. What a fantastic achievement, congratulations!

- September - Ben Botterman
- October - Eliza Royce
- November - Luke Marney
- January Darina Zhecheva
- February - Max Tankard
- March - Hannah Grace
- April - Jade Skeat
- May - Imogen Riordan
- June - Florence New
- Leader Award - Natalie Sellears.



### Duke of Edinburgh Silver Award

In June, a group of 7 students and I embarked on a 3-day expedition through the countryside of Henley-on-Thames, just north of Reading.

We were completing our 'expedition' part of our Duke of Edinburgh Silver award, having finished our practice expedition just a month before. Our set out goal was to walk at least 14km for 7 hours, per day, for 3 days and carry all the food, water, clothes and tent equipment (now I look back and cannot see how we even managed it); we were also tasked with a project – our group's was photography – which we had to complete during the hike.

Day 1 started at 10 am, when we were abandoned by the side of the road, to get started. It was a fairly leisurely walk, apart from the ever-draining weight of our backpacks, nothing much happened besides stopping the other group from getting lost.

The fun happened when we got to the campsite, settled down, and after a brief poker game with 8 people in a 3-man tent; we went to get some kip. That's when the most violent thunderstorm I have ever witnessed bundled over to ruin a (not so good) night's sleep.

Lasting over an hour, we were witness to a quite frightening series of thunder and lightning, with each strike of lightening lighting up the tents like a 100w bulb – apparently some nearby campers were blown away by the gale force winds! It's fair to say we didn't get much sleep.

Onward to the second dreaded day, after some delicious bagels and jam, we encountered our 8 hours, 17km route that was extremely hilly and terrible. Starting

off on a high note, our checkpoint planner, who shall remain anonymous, read the wrong day's checkpoint (yes, the wrong day!), leading us to believe we were half-an-hour behind, when we were half-an-hour early! Apart from the glorious sunshine and awesome views, our day went downhill from there – what a beautiful weekend!



Our last day was much nicer; we walked together almost as one group for the whole day, whilst walking down the Thames.

Thankfully, our instructors were feeling benevolent that day, and shortened our route, seen as the second day was 'extra' long. It was more of a sprint finish than another 12km, just a few hours we had to get through before we could go home – God I had missed Netflix! Our journey finished at 3:00ish on Monday, with our feet pulsing and backs breaking; we could finally go home. I guess you could say I had a good time, with good people, if you forget the almost 50km we had to trek.

Written by Thomas Compton (KS4 student)





## EXTRA CURRICULAR EXCELLENCE

### Bar Mock Trial

On Saturday, 11th November 2017, a team of 15 students took part in a law competition called 'Bar Mock Trial' at Snaresbrook Crown Court.

The Bar Mock Trial is an effective way of helping young people understand how the legal systems work, as well as allowing them to get a taste of how the courtroom works. It gives students the chance to decide whether or not they enjoyed the day and then whether they want to pursue a career in law.

Many different schools attended and competed, all to an extremely high standard. We took part in a number of different trials regarding two specific cases. Each school had barristers, jury members a court artist, witnesses, a victim, a defendant, judge and members of the general public supporting.



We worked very well as a school, students' roles ran smoothly and everything was well executed throughout the day. After each case the judge gave us helpful pointers on how to improve which we all took into consideration ready and prepared for the next trial.

The highlight of the day was when the Roding Valley barristers, Madison Holden Ettridge, Grace Cownden, Maisha and Mashrur Khondakur delivered their opening and closing speeches and cross examined witnesses from other school teams.

### Young People Business Awards

On Thursday 9th November 2017, the YES Partnership held their 'Investors in Young People Business Awards' at Waltham Abbey Marriott Hotel. Roding Valley High School nominated 3 local employers in recognition of their continued support for the students at Roding Valley as well as three students. One student was nominated for his outstanding achievement in the work place and the other two students for their contribution and commitment to school life.

#### Employers

- IFDS
- Galliard Homes
- Hill

All three companies continually support the staff and students of Roding Valley; they regularly attend the Careers Fair, Business Breakfast and Mock Interview Day. They offer valuable advice and guidance to our students to prepare them for the world of work

#### Matthew Tinker: Contribution and commitment

Matthew is a truly outstanding and inspirational student who consistently gives up his time for his school and students. He certainly goes above and beyond and is so very generous with his time for younger students. He is most definitely deserved of this award and we wish him every success in his future career

#### Grace Cain: Contribution and commitment

Grace makes a massive contribution to the school council and has facilitated the voice of other students across the school. Grace has been a key player in fundraising for our chosen charity Beyond Ourselves in Zambia and worked tirelessly raising funds that has enabled a group of student to travel to Zambia. Grace contributes to all school productions she is currently organising rehearsals and auditions for the school



show. She is an excellent role model and is always prepared to go the extra mile and whilst still keeping up with school work and school life.

#### Sonny Ray: Nominated by Galliard Homes for his outstanding achievements in the work place

Sonny showed real commitment and willingness to want to learn no matter what task he was set. I could see he had a common sense approach to his thought process that he applied to tasks which is a real benefit to this industry. He was punctual well-presented and polite and we would have no problem recommending him to a future employer.





## STUDENT SUCCESS

### PiXL Edge Award Winners

On Friday, 1st June 2018, our Year 8 students attended the PiXL Edge Ceremony, competing against five other schools at the PiXL Edge ceremony. Our students won 5 out of the 10 awards. The organiser of this event said that this level of success from one school is unheard of.

What a fantastic display of our students' hard work and achievement.

Well done!!

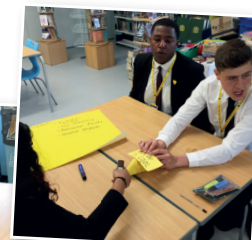
- **Sophia Barrett:** The Culture Award
- **Hannah Ward:** The Communication Award
- **Rory Langdell:** The Intuitive award
- **Reece Brown:** The Leadership Award
- **Daniel Mehr:** The Apprentice of the Year which is the overall PiXL Edge Award for all students.



### House Captains' Training Day

In June, Miss Dyer and all of our newly appointed 6th Form House Captains and Deputies participated in workshops planning all of the house activities in anticipation of the big launch.

It was an absolutely fantastic day, with the students spending time bonding with their teams and planning their first assemblies ready for the first major event - Sports Day.







## STUDENT SUCCESS

### Make Your Mark

Last week, students at Roding Valley participated in Make Your Mark, the UK's largest Youth Consultation. Each student was given the opportunity to vote for their most important issue from a list of 10; these 10 issues were chosen by 300 Members of Youth Parliament from around the UK this July. Issues ranged from 'A Curriculum to prepare us for life', 'Votes at 16' and 'Transport'. Over 700 young people cast their vote at Roding Valley, with 23% of the vote going to 'A Curriculum to prepare us for life'. The results from Roding Valley's Make Your Mark vote will be shared with the Epping Forest Youth Council.



The top 5 nationwide issue will be debated on in the House of Commons by Members of Youth Parliament in November. Last year, I had the privilege of speaking about the importance of the NHS. This year, it is someone else's turn!

It has been fantastic to encourage young people to get their #youthvoice heard. Thank you to everyone who voted!

Matthew Tinker

#### Totals

Work Experience hubs for...

Protect school budgets from...

Make the invisible visible

Mental health

First Aid Education for All...

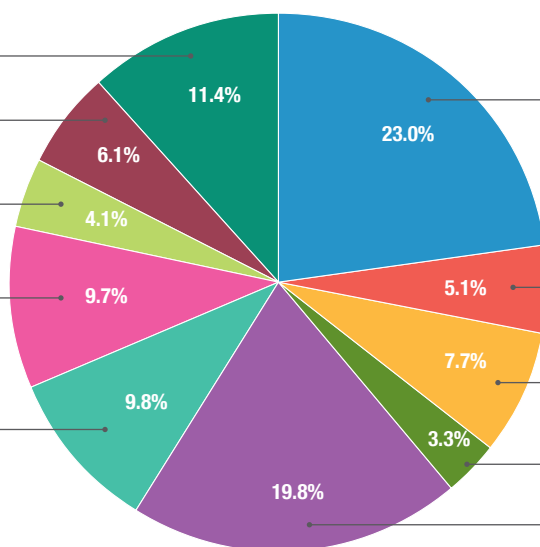
A Curriculum to prepare us...

Votes at 16

Protect LGBT + People

Support for Young Carers

Transport



### Cherise Barone our Premier Boxer

**Congratulations to Cherise Barone who has this year been confirmed as Number 1 in her weight category in the UK for Boxing.**

Cherise travelled to Grantham (Lincolnshire) where she fought against a competitor from Kent. The fight consisted of 3- 2 minute rounds and Cherise came out victorious following a split decision. This confirmed her position as number 1 in the UK.







## STUDENT SUCCESS

### 2018 National Crimebeat Awards

Congratulations to our student Matthew Tinker, who as part of the Epping Forest Youth Council won first place in the 2018 National Crimebeat Awards for their work on the MiLife mental health project.



### Extended Project Qualification (EPQ)

On Monday, 23rd April 2018, a group of our Year 13 students presented their final EPQ Presentations to parents, members of the school's Senior Leadership Team and Governors to mark the end of their 12-month work on their Extended Project Qualification (EPQ).

Our students have been studying for their EPQ, which gives them the opportunity to explore a topic they are passionate about or an issue that is linked to their future aspirations. Each student was required to write a 5,000-word dissertation and give a presentation of their findings, working independently, under supervision.

Our Year 13 students presenting their EPQ work were; Matthew Tinker, Kate Laws, Isobel Hooper, Emily Willis, Lily Rowsell, Skye Bramley and Jessica Gallaway.

Mrs. Hodges said: "We are incredibly proud of what the students have achieved. Their topics included 'Dentistry

*in the Developing World', 'The Impact of Oral Health on other Diseases', 'What Happens to our Social Media When We Die', 'The Future of Shengen', 'The Reputation of Mary Queen of Scots', 'The Role of Women in Classical Literature' and 'The Questionable Guilt of Anne Boleyn'."*







## SPORTING SUCCESS

### Young Sport Leaders

**Congratulations to our Young Sport Leaders who provided support to our local School Staples Road Primary with the Field and Track Events at their Sports Day.**

Ms Grimshaw said that they could have run the successful event without them and our students were excellent communicators, engaged, polite and took roles of responsibility in leading some of the activities. The staff were impressed that they were natural leaders and the parents commented on pupils being 'a credit to the school' 'smartly presented' and 'well mannered'.

The primary school children felt 'supported', 'happy to have older children explaining and running the activities' and 'they could have a laugh with them.'

Their commitment went above and beyond.



### Year 9 Football Champions

**Huge congratulations to our Year 9 Boys football team who won the West Essex and Harlow District Football Final this this year by 2-0.**

### Year 9 and 10 Tennis Stars

**Our tennis teams have done exceptionally well this year – in June we won the WESSA U15s Mixed Doubles Tennis overcoming teams from Davenant, Bancrofts and West Hatch.**

The Year 9 and 10 boys went through to the final of the LTA County Competition against New Hall. Our Year 7s and 8s won the WESSP Year7/8 Secondary Schools Tennis Competition at Theydon Bois Tennis Club.







## SPORTING SUCCESS

### 6th Form Football Champions

**Congratulations to our 6th Form Football team, who claimed the title of West Essex District Champions.**

Our Sixth Form Team won 3:1 on penalties against Brampton Manor. It was a remarkable achievement, congratulations to our team for all their hard work and thank you to our PE Department for their time and support with the teams.



### West Essex and Harlow District Sports

Wednesday, 27th June 2018 saw the annual West Essex and Harlow District Sports event at Melbourne Athletics Stadium in Chelmsford. The PE Department took one of its largest squads to the event with over 100 students from Years 7, 8, 9 and 10 participating in a range of athletic track and field events across the day.

District sports works by entering 2 students into each track event and 1 student in each field event. Students receive points for finishing in the top 8 for sprint events and top 10-12 in long distance and field events which go towards an overall team total for each year group. The field events, long distance events, 300m and the relay are all straight finals using a time trialing system and a large number of our students finished in the top 3 of these events.

The sprint events - 200m and the 100m - have challenging heats in the morning and then finals in the afternoon and what was really pleasing from our school's point of view was the number of students who made the finals for these events and in some cases both students entered making the finals.

From a departmental point of view, what really shone through at District Sports was the attitude, teamwork and togetherness shown by students in each year group and overall as a team.

If field and track events weren't filled then students, volunteered to fill them to score points for their year - which was great to see the students wanting to do well for themselves, their year groups, but also for the school.

Due to this fantastic level of individual effort and teamwork numerous students finished the day with medals for their events which lead to the Year 7 and 8 teams finishing 3rd overall from the 11 schools competing on the day and the Year 9 and 10 teams finishing just outside the top 3.



### PTA Transition Evening and BBQ

**In July, we held our Transition Evening to welcome all of our new Year 7 Parents and students to the school.**

The event was a fantastic event and it gave the parents the opportunity to meet the Head of School and her team and some of the teachers their child may have, in an informal setting. This event also included a BBQ run by the PTA.



## ENRICHING THE CURRICULUM

### House News

In February 2018, we launched a student-led competition to find names for the school's new House system which will be launched in September. The students were asked to offer suggestions for the five new houses and help to create a legacy within the school.

Head of School Sharon Jenner said: "This is a very exciting development for the school and will create enhanced student leadership opportunities within our already successful Sixth Form."

"It will provide a strong student identity, encourage students to further interact across the year groups and create a culture of 'healthy competition' within the school. "The House Competitions will support the expansion of our extra-curricular activities and already students are suggesting events".

#### House Names Decided

The winning House Names were selected as:



**Churchill:** Named after Sir Winston Churchill, the great wartime leader and Prime Minister. Mr Churchill was a member of parliament of the area for over 30 years



**Hawking:** Named after Professor Stephen Hawking recognised for his contribution to Science. As sadly Professor Hawking passed while we were naming our houses, we thought it was a fitting tribute.



**Pankhurst:** Named after Sylvia Pankhurst, campaigner for votes for women, daughter of Emmeline Pankhurst who lived in the local area for over 30 years.



**Murray:** Named after Lord Len Murray of Epping Forest. Lord Murray lived in Loughton for over 50 years and is the same person that Murray Hall is named after. Local resident who was a national figure.



**Rendall:** Named after Ruth Rendell, celebrated author who attended a local school which was one of the predecessors of Roding Valley.

As part of the New House system launch, RVHS has introduced the new School Tie, where all students will wear a tie depicting their nominated House Colour.



### Sports Day 2018



This year our Sports Day launched our new House System with all of the students competing for their nominated House, it was a fantastic event. 63 new school records were set and the first ever winning House was Churchill.



#### Students follow us

@RodingValleyHS will be tweeting top tips, reminders, links and guidance for our students - everything from delays on the Central Line in the morning to revision tips and links for their GCSE's.

