



Spring FORWARD

Spring 2021



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WADDES DON

Voice

magazine

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About the cover

This term our cover shows Year 7's Annabelle, Sophia and Isla observing spring in a very literal sense, using a spring balance to learn about Hooke's Law in a Physics lesson.

Our Headteacher Mr Abbott reflects on how this mirrors our lives in his introduction on this page.



From the Headteacher

The image on the front of this edition of the Voice shows students in Year 7 investigating Hooke's Law. As you may know, Hooke's Law says that force is proportionate to extension, or in other words, the more weight you add, the greater the stretch on a spring.

When I was at school I remember learning about the elastic limit, the point at which the spring would no longer return to its original form. As eager young physicists, we would load more and more weights onto the spring, measuring the extension at each point, until – at last – the spring lost its 'springiness' due to the build-up of weights. It had reached its elastic limit.

Thank goodness we're human beings, not springs.

Despite the worries and demands that have weighed on us all since March 23rd 2020, I believe in our ability to return to our original form and to return to our 'spring'. Yes, of course, we may need help from others, benefit from spiritual support, or perhaps just need time to recover, but what keeps us going, and will continue to keep us going into this year, is our ability to come back from our own elastic limits.

Like the three students collaborating on the front cover, we recover best when we do it together, not in isolation. Or in the words of Ecclesiastes,



Matthew Abbott

"A cord of three strands is not quickly broken"

So, as the days get lighter and with them, hopefully, the weights we have all been carrying, let's remember who we are, collectively as well as individually, so that we can flourish together.

The message of Easter reminds us of this hope and the promise that comes with it. Happy Easter, to you all.

Remembering those we have lost

On Friday 2nd April our Chaplain and the Vicar of Broughton Church, Rev Phil White, is holding an online service to remember those we have lost during the past year. If you have lost someone and would like to have their name read out during the service then please contact Phil at office @broughtonchurch.org.



PARKING



Please can all parents continue to consider the needs of local residents, particularly in Goss Avenue and Sharps Close. There

are several elderly members of the public who are concerned about road safety for themselves and the young people in these

areas. The Manor overflow carpark remains a better and safer option for all parents. Your consideration is much appreciated.



On 8th of March, I was invited to be a panelist on the Buckinghamshire BAME network's International Women's Day Zoom seminar. The community, originally founded by local MP Mimi Harker OBE, aims to bring together individuals from BAME (Black, Asian and minority ethnic) backgrounds from across the county. A huge part of this network is highlighting and raising awareness for social issues and providing a platform and voice for the underrepresented to speak. This year's International Women's Day panel did just that, by introducing and discussing prevalent issues with gender inequality within today's society. The panel, that I luckily got asked to be a part of, included a range of backgrounds,

ages, and experiences between 15 other women, from MPs and the CEO of Buckinghamshire Council (Rachael Shimmin) to the younger panelists, who I spoke alongside.

I participated in the 'young women' section of the seminar, which included women from the age of 16 (the youngest being myself) to age 27, most of these panelists being girls I had either grown up with or know of from the local area. We all took it in turns to share what it meant to us to be a woman by today's standards and share the experiences and obstacles we may have had to overcome whilst growing up or going into professional industries in order to be viewed or treated equally to men. These stories varied from one

member asking to create a girl's hockey team at a school when there wasn't one, to another panelist talking about trying to be seen and heard as much as her male colleagues whilst working in material science/engineering, a male dominated industry.

One of the questions posed to the young women's panel was 'tell us about a time you achieved something and felt proud of yourself as a woman.' I responded with a story about my Duke of Edinburgh experience in which my group was the only all-girl group on the expedition. Although this didn't impact our own preconceptions regarding how successful we would be when hiking, the other groups designated the boys to be the ones to carry the heavy things like the tent, cooking pots etc.

As a result of not having that option in our group we felt as though we were almost expected to finish last. However, being one of the first groups to finish our expedition, we exceeded all expectations of us. My story alongside many other of the other panelists' stories showcased that although society has progressed from gender inequality experienced maybe a hundred years ago, sexism, either subconsciously or purposely, still very much exists in the workplace, in sports and sometimes even in education.

I also spoke about the subtle misogyny and sexism that I feel most girls my age experience day to day, most of which often being subconscious and not often on purpose.

For example, a phrase that has been said to me many times is “you’re bossy, aren’t you?” or ‘you sometimes have too much attitude, you should tone it down’. These phrases are so commonly used against women who speak up for themselves or confidently disapprove or disagree with something said to them. Although these phrases might not seem problematic at first, I

posed the question to the panel, and pose the same question to you: would these things be said to a man? The answer is most commonly a resounding NO.

To conclude our part of the seminar we were asked what we, as young women, do to further improve gender equality in our lives on a day-to-day basis. Our response was that we talk

to the male counterparts in our lives, our brothers, dads, friends, other relatives about how to better themselves when it comes to how they treat the women around them. So I urge whoever’s reading this to do the same. Like with any social issue, a change doesn’t always have to be a big one. We can all, regardless of what gender you identify as, take small steps every day to achieve

change in society whether that be big or small.



Our Chaplain, Rev Phil White, encourages us to look to a better future as we emerge from lockdown.

From the Chaplain

we will have the chance to rebuild our lives differently because the old ways had to be stopped for such a long time. We can no longer say, “We’ve always done it that way!”

I’m so thankful that none of my family have had Covid 19. I’ve now had my first vaccination. I’ve still got a job and a home. But, personally, I’ve missed a great deal this last year as we all have. I’ve missed seeing my mum, my children and my grandchildren - I’ve not seen any of them for over 6 months - my youngest grandson Jacob, I’ve not met yet - he’ll be 9 weeks old when we see him at Easter. I’ve missed the treats, the meals out, seeing my friends, seeing my church family - we’ve missed that so much.

For me, regarding church, I’ve noticed we’ve lost the ‘touchy feely’ things like being with everyone when we met on Sundays, the great coffee we served, the buzz of so many gathered.

It’s pretty difficult to experience those things on a live Youtube service! You will have found the same when you were doing home schooling - it was just a bit rubbish despite the fact that your teachers were doing an absolutely amazing job - it was all the ‘touchy feely’ things you were missing - the break times with your friends, the rapport with your teachers, the smiles you got from others, just being able to sit and eat with your friends.

So, how do we spring forward from here - into the reconstruction phase where we experience life in all it’s fullness again but in perhaps new ways? Well, I’m now very hopeful that we will be able to discover a new way of being church - where we can focus on the things God wants for us. I’m hopeful that people will discover what it really means to trust God. I’m hopeful that we as a family will really value each other and those special moments - we’ve captured some of them from the last

lockdown year in a photo book and it’s wonderful to look back on them - how much better the future is going to be for us though.

Many things have been shaken in this last year. Many things have been lost. But I believe God has been with us throughout - He’s not been shaken. I’m rediscovering hope and I’m getting excited about it. I’m believing for my church to rediscover the truth when Jesus said: “I have come that they may have life, and have it to the full” My prayer for you is that you can rediscover hope and a new faith in God. Everything has been shaken - but I don’t believe God has been!



Jacob

At the beginning of Lockdown a year ago I heard a talk by Simon Barrington about the different phases we would experience in this pandemic:

Phase 1 was Response - it’s where we adapted very fast: PPE, we went online, social distancing etc.

Phase 2 is Recovery (we’re in it now) - it’s marked by anger, grief, anxiety etc.

Phase 3 will be Reconstruction - where

Award winner Khalis playing Mozart’s Turkish March in Year 7 assembly

MUSIC Masters

In January, we set Year 7 and 8 musicians the challenge of recording themselves performing a song or piece of music that showcased their skills.

We asked for musicians who sing or play any kind of instrument to submit a video of themselves performing a piece or song of their choice. It could have been something that they were learning in their lesson, for an exam or something that they just enjoyed playing or singing.

Performer’s submissions would be judged on:

1. Accuracy of timing and pitching
2. Expression and dynamics
3. Difficulty of the piece

The emails flooded in and we were absolutely stunned by the level of musicianship we saw!

There were singers, rappers, pianists, drummers, flautists, trombone players and even some singer-songwriters, who delighted us with their own compositions. The standard was superb across the board and we had a really great time looking through them to make a decision on the winners.

We want to thank all those who took part, even if they didn’t win a prize. The fact that you all have the dedication, passion and the resolve to enter is such an encouragement to all of us. It went quite a way in making up for missing out on hearing you play and sing during the past year!

Mr Judson & the Performing Arts Team

Best Overall Young Musician 2020-21 - Year 7
Khalis

Best Overall Young Musician 2020-21 - Year 8
Will

Best Male Vocal Performance
Rocco, Year 7

Best Female Vocal Performance
Holly, Year 7

Best Instrumental Performance
Mark, Year 8

Best Original Song
Bella and Holly, Year 7



Testing TIMES

With the inauguration of Covid lateral flow testing in the school, we have taken a big step towards keeping our students safe as life begins to return to normal. Our Year 8 students have been telling us how they are finding the experience.

Charlie: I was in the line for a test. I slowly made my way up the line, getting closer and closer. Everyone seemed so nice, but the nose twizzle was not. An itch you can't scratch, an itch you have to let tingle, plainly and painfully. During the tonsil-rubbing I felt like I was going to puke, like when you take a bite of blue cheese.

Then I was done. I raced out just to smell the fresh air.

Freya: Apart from the long queue, I thought the

Covid test was completely fine. The teachers and staff guided me through step by step and were all very helpful. After the second test, I knew exactly what I was doing but they still made sure that I felt safe and was okay.

Adam: My first experience when I was tested was feeling a bit nervous queuing and a bit anxious. When you get in the hall someone asks you some simple questions and then you move on to wait for testing and sanitising your hands.



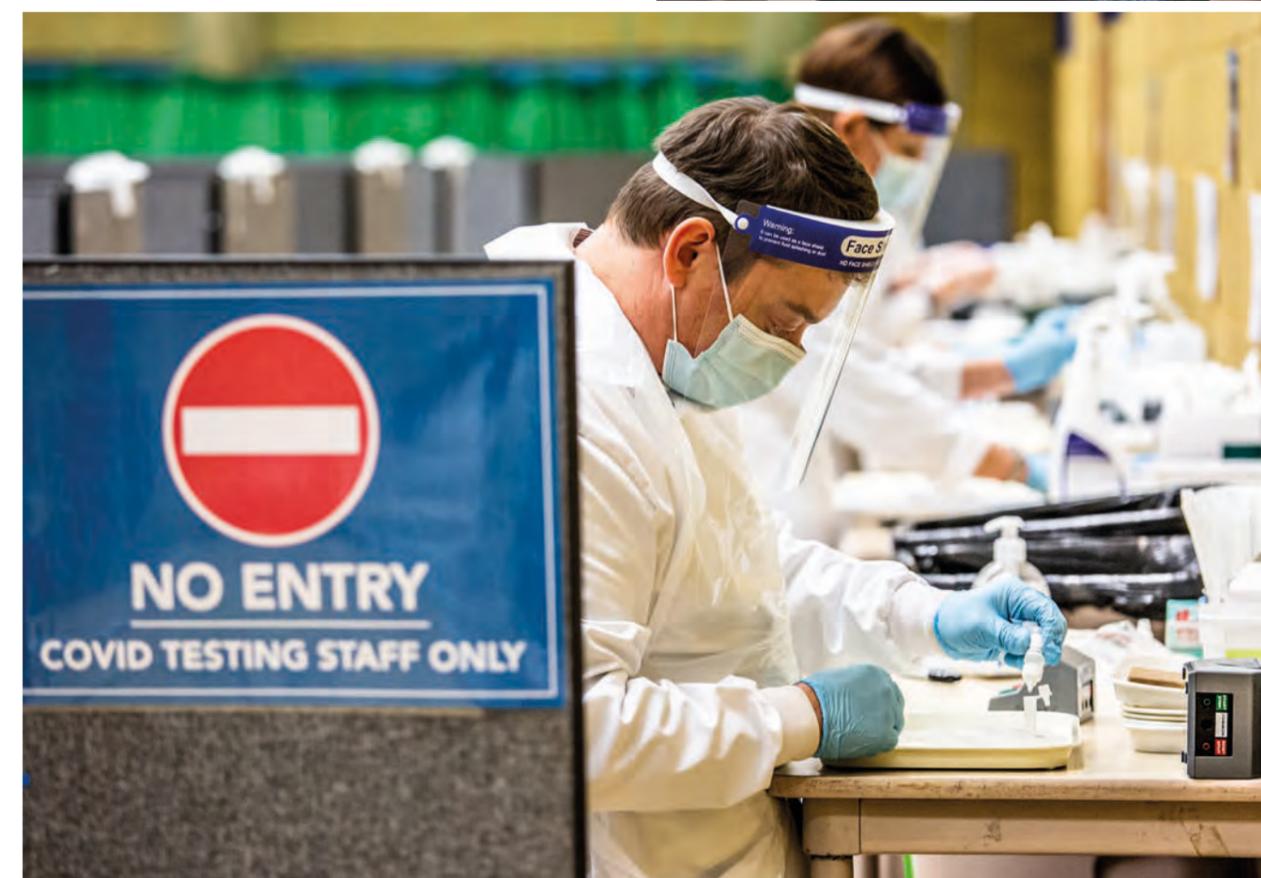
When you're at the front someone will call you to a booth to do your test. They are very nice and help you know what you're doing. First you brush each tonsil four times, then put the swab in your nose until you feel some resistance and turn it for five seconds. This doesn't hurt at all. You just might gag a bit and your nose will feel funny when the swab is in there. After my first test, I knew there was nothing to worry about any more as it was completely fine and it doesn't take long. So if you're worried or anxious that's fine, but it's not bad at all and doesn't hurt.

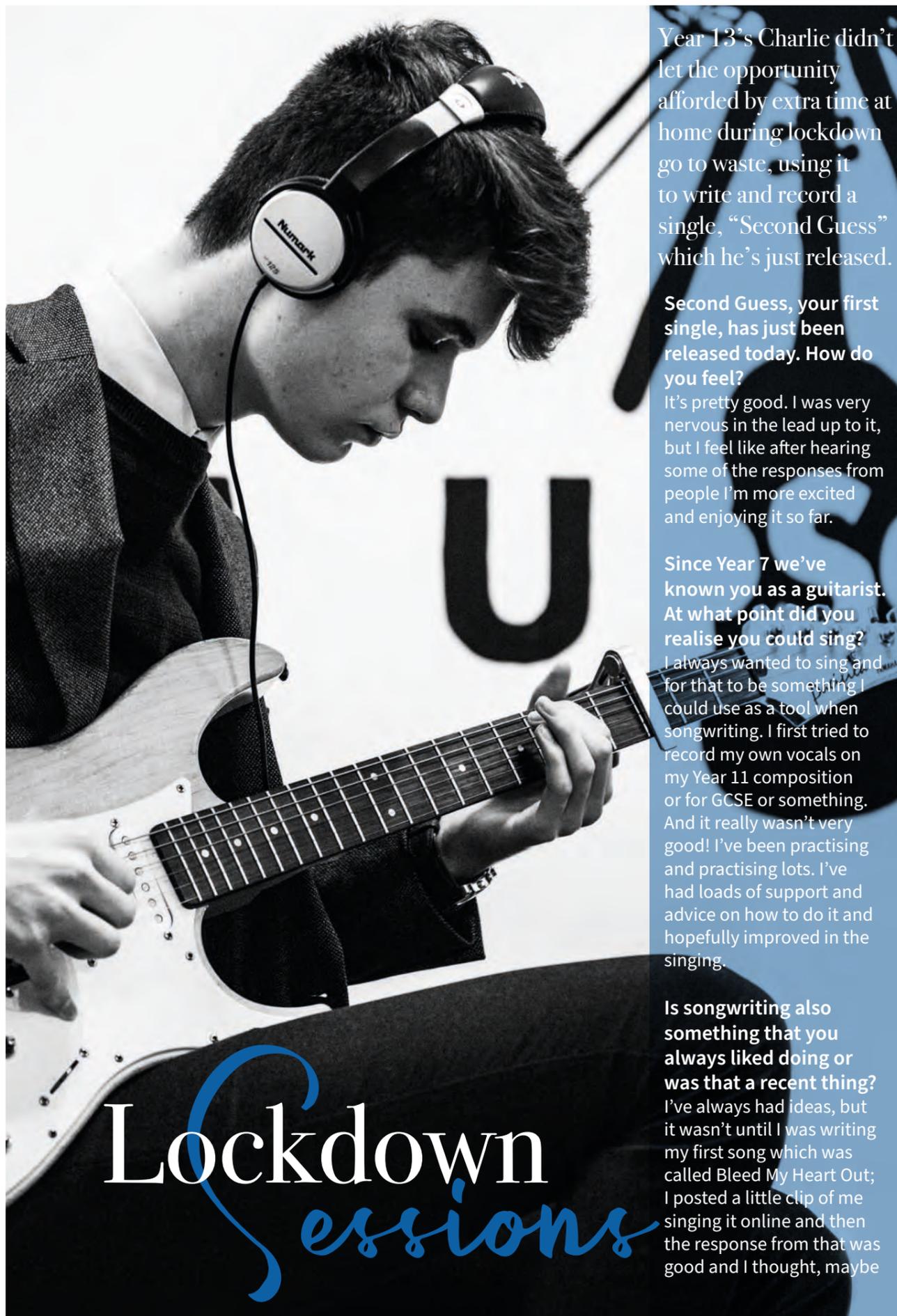
John: I think that the testing is okay. The actual test is uncomfortable, and the waiting is boring but it doesn't take too long.

To do the test, I must first

wait in a line for my turn. This can sometimes take a long time. Then I get in the sports hall and sanitise my hands. Afterwards I get a card. I wait a bit more. Then I get into a booth and take off my mask. I take the swab and first touch my tonsils with it. This is a bit uncomfortable but it doesn't last long. I then take the swab out of my mouth without touching my tongue or teeth. I put the swab up my nostril until I feel a little push. Then I turn the swab five times. This part is the part I dislike the most because it is uncomfortable. Finally, I take out the swab and put it in a small bottle with a liquid.

After this I put on my mask and exit the sports hall. Teachers are there to guide you through the process.





Lockdown Sessions

Year 13's Charlie didn't let the opportunity afforded by extra time at home during lockdown go to waste, using it to write and record a single, "Second Guess" which he's just released.

Second Guess, your first single, has just been released today. How do you feel?

It's pretty good. I was very nervous in the lead up to it, but I feel like after hearing some of the responses from people I'm more excited and enjoying it so far.

Since Year 7 we've known you as a guitarist. At what point did you realise you could sing?

I always wanted to sing and for that to be something I could use as a tool when songwriting. I first tried to record my own vocals on my Year 11 composition or for GCSE or something. And it really wasn't very good! I've been practising and practising lots. I've had loads of support and advice on how to do it and hopefully improved in the singing.

Is songwriting also something that you always liked doing or was that a recent thing?

I've always had ideas, but it wasn't until I was writing my first song which was called Bleed My Heart Out; I posted a little clip of me singing it online and then the response from that was good and I thought, maybe



then I'll actually finish this song; I was too nervous to post a cover of something because then people can compare it to something else.

Who would you say are your main musical influences?

In terms of playing guitar, I'm always listening to John Mayer and jamming along to his songs. If I'm listening to his music then it's hard for me not to pick up my guitar and try and play along when I'm at home.

In terms of writing songs, when I was younger, I always listened to Ed Sheeran. I wouldn't say he's one of my main inspirations, but I think if I hadn't listened to him then I wouldn't be wanting to write my own songs, and in the kind of style that I do now. More modern influences would probably include the likes of James Bay or James Arthur.

Was there anyone around you who influenced your decision to put yourself out there?

When it came to Second Guess, I wrote this in the first lockdown, and then it was friends at school. My friend Riley produced the song. Mr Judson had

asked him to work on the school album and he really liked the song. So we communicated more as it developed and we thought, "We can release this," so with Riley and a few of his friends we organised it, and it was planned for a few months and that definitely kickstarted it. If Riley hadn't put in the work he did then we wouldn't have been able to have the song out today.

So you wrote it and recorded it in lockdown?

I wrote it in lockdown and I recorded a really rough demo on my MacBook and I literally was using the microphone from my headphones and I recorded my vocals on that. I recorded my guitar and I tried to mix it the best I could on GarageBand and it was completely different to what it sounds like now.

What were your inspirations when you were writing the song?

I remember distinctly on the day I was listening to Stay by Post Malone, and I don't know why, I was obsessed with that song for a good few days and I just I couldn't stop listening to it. I took some of the chords. Obviously not a direct copy, some of the chords, put the capo on fret and then within the next hour I wrote the chorus. That song always comes back to me whenever I think of what inspired me to write it.

So what about the

recording process? How and where did you record it?

We recorded it in school, in the recording studio. I played Sir's acoustic guitar and we recorded that in a free period and it didn't take very long. Then I think it was a couple of weeks until we recorded the vocals, but once we had those two stems then everything just layered up afterwards. We recorded the vocals in school as well. There were some funny outtakes.

Having the equipment here was definitely the catalyst that actually

led to the song being developed because if we hadn't been able to record those things in school it would have taken a lot more time and Riley wouldn't have been able to take home the guitar and vocals and develop it like he did.

If a film was made about your music career, which actor would play you?

I've never thought about that ever! I'd want Tom Holland to play me because I feel like he's better looking than I am. And he's a very good actor.

"I wrote it in lockdown and recorded a really rough demo on my MacBook. As it developed we thought, 'We can release this.'"





NUGGETS *of Gold!*

In the age of social distancing, even learning to cook can happen in a Teams meeting! Year 7's Christina, Finn and Megan tell us about cooking up chicken nuggets online.

Christina: Wow! That's how I describe our first Waddesdon cook-along, online.

This experience was educational and delightful. Not only did we learn how to cook a well-loved dish,

but Mrs Watts made it very interactive and enjoyable.

To make this dish, we had to come prepared with our ingredients, as well as having our hands washed. The fact that we were all cooking together made the time more entertaining. In

that cook-along we made chicken nuggets.

Being Year 7s made this cook-along surprisingly awesome, since this step up from primary to secondary was a big 'leap of faith'. For me, seeing others who had to also

make this massive 'jump' made me feel more secure and confident.

Like others say, 'food is the heart of the soul'. This was reflected when we came together to make this dish. It was like we formed an unbreakable bond as

we supported and joined together to take part in this online cook-along. This was a display which reflected our motto of 'dignity and respect'. Overall, I would like to thank Mrs. Watts for making my time at Waddesdon better than I imagined.

Finn: One boring wintry lockdown morning, Mrs Watts told me we were

having a live cooking lesson which brought excitement into the kitchen. She said we were making chicken nuggets and they're my favourite. This didn't start well due to me cracking an egg on the floor rather than into a bowl. After quickly cleaning up, we were back on track with a new egg IN the bowl. Chicken sliced, rolled in flour, dunked in egg and



Finn

covered with breadcrumbs, we were ready with chicken nugget fingers. The oven was heated up and the nuggets were ready to go in the cooker (for 15 minutes). After cleaning up the kitchen they were done and good to eat.

Megan: My experience of my first live cook-along: Today we had to make chicken nuggets live, on Teams. I really enjoyed it because the steps were easy to follow along with, it was nice to do it with someone else not in my household, and it was fun just being there. Overall, I really enjoyed it.

Overall I enjoyed the class more than I thought I would. It was fun and entertaining.



Christina

Our Year 9s also got in on the act, making and cooking their own delicious pasta.

Charlie: I really enjoyed the online cooking because it gave me a chance to cook in the lesson again. In the lesson we learnt about the carbohydrates and I would definitely like to do it again.

very simple and readily available.

James: Today we made pasta while being on a Teams call. Miss showed us how to prep the pasta and how to cut it. After the Teams live we went off and cooked the pasta, some with a filling. The only problem I faced was trying to unmute my microphone with floury hands!

Henry: I enjoyed the cook-along on Teams as it was easy to follow and it was fun. I will definitely do it again as it was quick, easy and delicious. You can see the benefit of having a pasta machine as it was hard work rolling the pasta thinly. Also the ingredients are

Bethany: It was an interesting experience. It was fun that we actually managed to cook at home.



Henry

On Thursday 4th February, to celebrate Children's Mental Health Week and 'Time to Talk' Day, we held a wellbeing day.

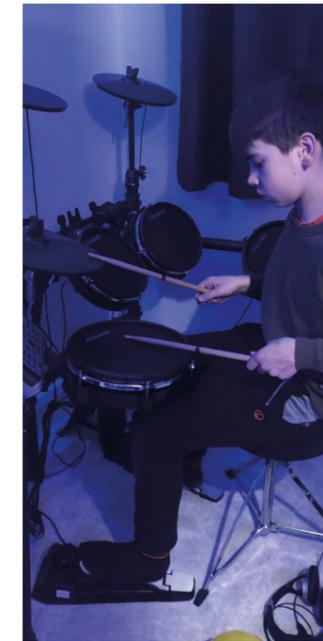
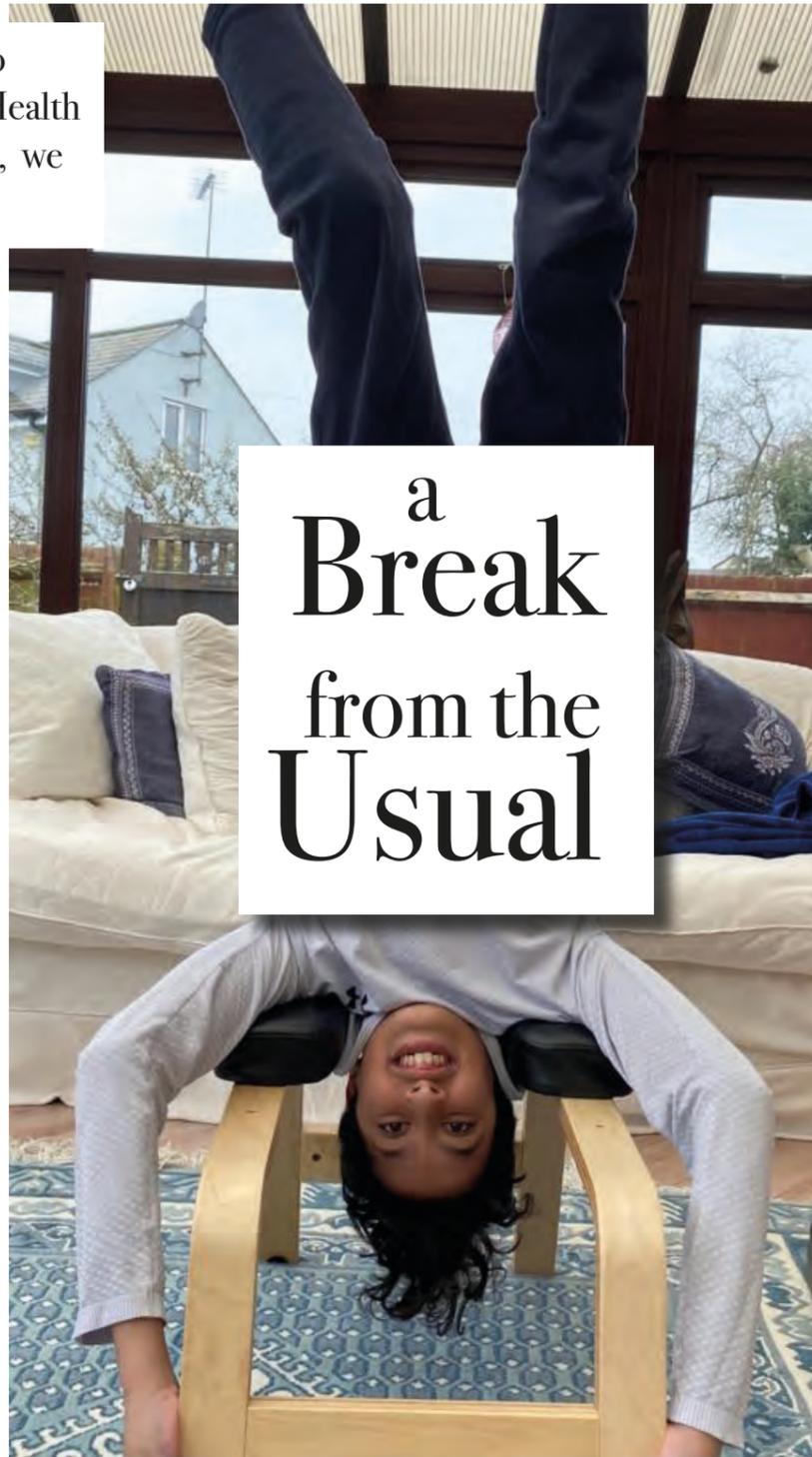
The aim was to highlight the importance of mental health and raise awareness about Mind's Five Steps to Wellbeing, as well as giving the school community a very well-deserved break from online learning.

Students were given the 'Take a Break' challenge and encouraged to take part in at least five activities linked to Mind's Five Steps to Wellbeing: connect; be active; take notice; keep learning and give. We were delighted with the range of photos students then sent into school to show us what they did. There were some very creative activities as we hope the photos show. The following students have a little prize waiting for them in their registers on return to school for particularly creative entries and for getting involved in a full range of activities:

- Year 7 - Rayan & Courtney
- Year 8 - Neve & Ed
- Year 9 - Will & Imy

As lockdown continues, we hope students will continue to complete these activities and many more to look after their wellbeing. We all have our good days and days we find more challenging; if you are struggling, we know that students find the following websites useful in supporting their mental health and wellbeing: <https://www.annafreud.org/on-my-mind/self-care/> and <https://www.kooth.com/>. Take care, everyone!

a Break from the Usual



RAYAN (Year 7)

Connect:
Today I called my aunty who is working in Greece. She was surprised and happy to hear from me.

Give:
I started the day by making the beds, helped clear up after breakfast and helped make omelettes for my family for lunch.

Be active:
I walked 6km with my mum this morning. It was very foggy. We also did some inversion yoga at home which was fun.

Take notice:
On the walk I took some photos with a photography glass ball and made a sound clip of the birds.

Keep learning:
I read my book 'The Night Bus Hero.'

ARCHIE (Year7):

On Thursday I won The Game of Life against my family and retired with 1.27 million pounds! I completed a Joe Wicks workout. I wrote a letter to my grandad as he's been very poorly. I baked a chocolate cake with mum, and I played with Lego.

NEVE (Year 8):

On Thursday for the screen free day, I went for a walk, pampered my dog, made a dress out of trash, baked a cake and recreated some famous paintings with my dog.

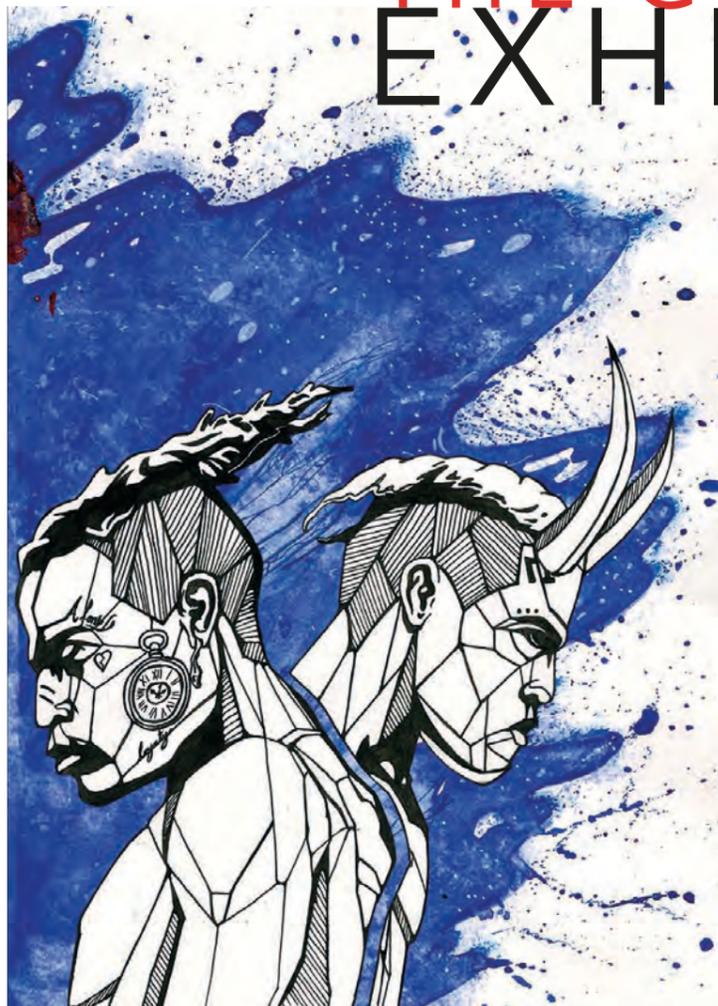


Every year the Art Department holds an exhibition to celebrate the creativity and talent of our Year 11 and Year 13 artists, designers and photographers. Just over a year ago the date for the show in June had been set, plans were in progress and artwork advertising the exhibition created. But then Covid-19 hit our shores, the situation developed rapidly, and the country quickly went into lockdown. The last few days in school were stressful and bewildering. Our creative students were forced to down tools and step away from their creative output mid flow: paintings had to be abandoned halfway through, planned photo shoots cancelled, all the research and preparation for exam pieces seemingly wasted.

But we were determined not to let the incredible talent of our creative students go unseen and uncelebrated. If we couldn't hold a physical exhibition, then we would hold a digital one instead. And so, the Virtual Exhibition of 2020 was conceived and created on our WaddesdonCreatives website. The exhibition 'rooms' include pieces from all the students studying A Level and GCSE Art, Graphics and Photography. The Art Department invites you to head over to www.waddesdoncreatives.co.uk or scan the QR code below, and celebrate with us the amazing achievements of our creative students whose courses came to an end in such strange circumstances last year.

THE GREAT EXHIBITION

Last year's Art Exhibition had to be cancelled as the first Covid lockdown began. Now, at last, we have the chance to see the incredible work our students had prepared for it.



ILLUMINATING



Recently, photographer and Waddesdon alumna Sophia Cliffe joined our Year 12 students for a Teams call. Maddie, Bea and Evie tell us what they learned.

On Thursday 11th of February Sophia joined our virtual lesson to tell us about life since she left school and joined university. Since being there she has completed a Commercial Photography BA and MA at Bournemouth Arts Institute. She is also in the final for a women's photo mentorship scheme. We were really inspired by Sophia's work and found her photographs really creative and fascinating. It was amazing to see how in depth and imaginative every aspect of her images were. We also found it very interesting to hear how many different career options there were to go into with a degree in photography. Overall it was really inspiring and informative.



photos: sophia cliffe





“I have come that they may have life and have it to the full.”

During January and February, we commissioned our wonderful Art Technician, Mrs Chapman, to design a piece of artwork incorporating our Bible Verse from John 10. As it will fill the space at the front of the hall, we would now like to involve students from all year groups in agreeing a final design.

Do you have a view on it? What do you like? What would you change?

Please let Mr Abbott know by emailing your opinion to amorgan@waddesdonschool.com

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