



# THE VOICE of Arthur Mellows Village College

Issue 63

April 2019



## Message from the Head of College

It has been so nice this time to read about the exciting trips to China, Italy for Skiing and the World War 1 Battlefields in France and Belgium. The College offers a wealth of opportunities to our young people and staff always return full of compliments for how well the students behave whilst on trips. Whilst there is a lot of 'fun' to be had, we are also very mindful that Year 11 and Year 13 are particularly pressured at the moment with the run-up to formal examinations.

There seems to be revision sessions taking place everywhere currently, and I know there is an extensive timetable planned for the final push. I must stress how important these last few weeks are and urge all students in these Year Groups to take advantage of 'your teacher's knowledge and wisdom'.

To lighten the moment somewhat.....As I am a great Star Trek fan, I will end with the following words of wisdom for all of you undertaking revision and your GCSE/A Level examinations shortly:

"All your people must learn before you can reach for the stars".  
– Kirk, "The Gamesters of Triskelion"

**M Sandeman**



## KEY DATES



Term starts	Wednesday 24 April 2019
Year 7 Parents' Evening (A)	Monday 29 April 2019
Bank Holiday	Monday 6 May 2019
Bronze D of E Practice (A)	Friday 10 May - Saturday 11 May 2019
Year 11 Celebration Day	Friday 10 May 2019
Year 7 Parents' Evening (B)	Monday 13 May 2019
Bronze D of E Practice (B)	Friday 17 May - Saturday 18 May 2019
Half Term ends	Friday 24 May 2019
Term re-commences	Monday 3 June 2019

## END OF THE SCHOOL DAY PROCEDURES



A reminder on end of school day procedures.

Unless students are in school for organised and supervised after school activities and revision sessions, all students should leave the premises at 3.05 pm. The Homework Club is only available for students who are doing their homework and have agreed their attendance. There are an increasing number of students who are having to wait in school in unsupervised areas for collection which presents the College with Health and Safety and safeguarding issues.

Main Reception and the main school doors are locked at 4.30 pm, Monday to Thursday and at 4.00 pm on Fridays. Students are not able to wait in Main Reception after these times for collection.

Parent support in ensuring that all students leave school at the appropriate time at the end of the day would be very much appreciated.

## ACCESS TO THE COLLEGE PREMISES

In order to prevent accidents, parents are reminded that they should not drive onto the College premises to drop off and/or collect their children. This includes the third entrance, (Entrance C), that gains access to the Sixth Form and Staff Car Parks. All drop-offs and collections should take place away from the main entrances to the College. Your assistance is appreciated.

# COLLEGE NEWS

## SKI TRIP 2019



Every year we take fabulous students from our College skiing across various destinations in Europe and this year was no different. During the February half term holidays, we took 41 students to the Italian Dolomites, a place called Folgaria.

We had a week of beautiful sunshine, snow packed pistes and some great cuisine!

After a long drive through Europe stopping for breakfast in Switzerland, we arrived in Folgaria on Sunday afternoon. Students were fantastic throughout the journey and after checking into Hotel Vittoria we all enjoyed a relatively early night.

Then it was all about the skiing!... we had two Beginner groups, one Intermediate and one Advanced group. After five days of skiing we had four groups all of which who were skiing on the mountain!

Never have I seen beginner groups advance so much in such a short time. Intermediate and advanced were just incredible. Sam Webster, Sam Gilligan, Will Gore, Jack Wright and Corrine Wilding were just some of the names of the advanced group who were a joy to watch ski.

Ski trips at Arthur Mellows Village College always offer more than just skiing and throughout the week it was a pleasure to spend some quality time with such lovely students. Everyone got along and you could clearly see a team atmosphere.

For many of the Year 13 students it was the last trip they will attend at school, but hopefully for some of the younger students, another trip away will happen over the next few years.

Thank you to everyone, including the fantastic teaching staff who supported the students throughout their stay.

Until next year!

**Mr Steele**



# COLLEGE NEWS

## YEAR 9 BATTLEFIELDS VISIT 2019

### Battlefields by Charlotte Chapman 9ARH

On Thursday 14 March - Sunday 17 March 2019, myself along with 86 other students from Arthur Mellows Village College embarked on a trip around Northern France and Belgium learning all about World War 1. At first, I felt a little bit uneasy, but soon enough I was filled with excitement and raring to go. We had two buses with drivers that were able to entertain us along our travels.



Our first destination was Newfoundland Memorial Park. It is one of the only places today where you can see the original trench lines and where soldiers once fought. Next, we were able to visit the Thiepval Memorial which is a memorial to the missing and it holds over 72,000 Commonwealth soldiers who died but their bodies were never found. We were told many moving stories about different soldiers who were killed or shot due to cowardliness.

The following morning, we visited Essex Farm which is the place where the very moving poem 'In Flanders Fields' was written. Essex Farm was also a casualty clearing station and we could see the actual bunkers that soldier's once awaited treatment in. The most moving part of the whole trip was the 'Death Cells' in Poperinge where we know of around 20 soldiers who were shot as they refused to fight due to shell shock.

At Talbot House we climbed up some steep wooden steps to get to the loft where a secret chapel was. Soldiers would visit Talbot house during their time away from the front lines; it was run by an army vicar called Tubby.



He helped so many soldiers and always offered them a free cup of tea and today this tradition continues, as everyone is offered a cup of tea and a chance to play the piano, just like soldiers once did. In the evening, we commemorated all the soldiers who died in the war by having a minute silence at the Menin Gate along with hundreds of other people. This happens every night no matter what the weather.



On the final day we thought it was only right to go to a German cemetery and pay our respects. German cemeteries are completely



different as there are up to 30 soldiers in one grave and instead of white grave stones, Germans used grey blocks on the floor.

Our final destination was Tyne Cot CWGC Cemetery which is the largest World War 1 cemetery. As a school we laid our own wreath and had a minute silence to respect all the fallen soldiers.

This is one of the most amazing yet moving trips I have ever been on. From all the students who went, we want to say a huge thank you to all the staff for giving up their time, Mrs Price for organising this trip once more and finally Neil the tour guide who taught us all so much and told so many stories.



# COLLEGE NEWS

## CHINA 2019



What you want from a trip of this magnitude, with 45 students travelling across the world to experience a secretive and controlled regime which increasingly dominates the international news agenda, is to come back feeling that everyone's horizons have been broadened.

Well, we certainly ticked that box. It would be fair to say that what we saw challenged our expectations.



On the previous trip to China 12 years ago, staff and students were dismayed by the poverty and pollution, being offered babies for sale and experiencing a serious case of culture shock. This was something quite different, a country in flux, clinging onto its past but rapidly embracing a very different future.

On arrival in Beijing, we were taken to a distinctly westernised hotel and then went to visit the **Temple of Heaven** for our first state of Chinese heritage. Fortunately, it was freezing cold which limited the level of pollution for which Beijing is famed.

More impressive was the trip to the **Forbidden City** on Day 2, a vast imperial complex which traditionally housed the Emperor and his concubines, which was opened up to the public when the Communist regime took over in the first half of the 20<sup>th</sup> Century.

Communist regime took over in the first half of the 20<sup>th</sup> Century.

We also visited **Tiananmen Square**, 30 years on from the infamous violent suppression of the student uprising. Government spies were everywhere, but the warmth with which the locals greeted Western visitors offered a lovely contrast to the omnipresent sense of surveillance.

It took a while for the students to get over the way the Chinese photographed them and took such delight in photo-bombing their snapshots, but what shone through was that they were so pleased that people from the other side of the world were keen to experience all aspects of Chinese history and culture. Our tour guide, Richard, had clearly been briefed to make sure that we were given a sanitised view of modern China; the local guide was more open in offering some criticism of the current regime, though only when well away from preying eyes and ears.

We also got to see Communist leader **Chairman Mao's mausoleum**. Not all were convinced that his embalmed body was real, but there was no direct evidence of *Made in China* stamped anywhere on his waxy body so I was happy to accept that this was really him, one of the most notorious world leaders of the last 150 years. The awe and respect with which the long queues of locals greeted him with armfuls of yellow chrysanthemums will live long in the memory.





# COLLEGE NEWS

## CHINA 2019

In the afternoon, we visited a famous part of Beijing known as **The Hutongs** which was distinctly underwhelming, apart from the rickshaw ride, followed by a visit to a traditional family home where we were presented with a Chinese meal, one of many. The day ended with a visit to an **acrobat show** in which the demonstrations of physical strength, dexterity and flexibility defied belief.

The highlight of the tour for many people was the bucket-list moment, the **Great Wall of China**. It was literally unforgettable. Mr Oakley led a small splinter group who walked an entire loop of the Badaling section of the Wall whilst the rest of us were content with climbing to the top of a section to take in breath-taking views of the mountains.

From there, we visited a jade factory and took in the **Sacred Road** which commemorated the tombs of previous Emperors with an avenue of carved stone animals. On the way back, we stopped for a brief view of the **Olympic Village**, which was very impressive. Our guide proudly informed us that there is so much modernising taking place in China that 60% of the concrete poured in the world last year was in China. That evening, we squeezed in a fantastic **Kung Fu Show**, which matched the acrobat show in terms of drama and physical prowess.



On Day 5, we took the high speed train to **Shanghai**, reaching speeds of 340 km per hour, watching with dismay as a bleak dystopian landscape of tower blocks and industrial complexes lined the route the whole way. 1.4 billion citizens have to live somewhere, but there was little to no evidence of parks, community or recreational areas, and the impression was that life for most Chinese people must be unimaginably dreary.

Shanghai is a much more international city than Beijing, and that night we went on a river cruise to take in **the Bund**, which is a postmodern cityscape to rival New York. In the afternoon, we had taken the lift up the iconic **Oriental Pearl Tower** which offered amazing views over the city, but at night the true splendour of the illuminated city from the river was a sight to behold. It was a far cry from the built-up urban hell of Beijing, apart from its historic areas.

On the next day, we visited the **Yuyuan Garden** and the old city which was really beautiful, and then spent the rest of the day shopping in various markets before the students collapsed back in the hotel under mountains of yeezies. The trip finished in **Shanghai Disneyland**, a strange Western end to a remarkable tour. Disappointingly, there was no sight of Mickey Mao leading a parade waving a neon little red book, but a great time was still had by all, especially on the Tron ride.



After an interminable journey home, we arrived back in the UK much wiser and with a strange sense that the China we had seen was in many ways as fake as the yeezies or Disneyland.

China is changing and the people seemed much freer than I had expected. Our guide shared his love of *'Game of Thrones'* and hinted that the government is not quite as effective at blocking out western influences as it likes to think, which holds out the hope that China is not quite the enemy of the West that the media would have us believe.

I can't end the report without praising the brilliant staff team and the students who made an exhausting schedule relatively easy, highly rewarding and enjoyable. School trips are hugely important in contextualising lessons learned in school and opening students' eyes to a very different world than the one they have grown up in. For me, this was an unforgettable experience, and I am sure the same is true for the entire party!

**Mr Zaidi**



# COLLEGE NEWS

## COMBINED CADET FORCE (CCF) RESIDENTIAL WEEKEND

On the weekend of 8 March 2019, twenty one Cadets went away on their first ever weekend camp at West Tofts Camp in Thetford.

On arrival at camp, the students received a camp brief to tell them what the weekend had in store, they were delighted to hear they would be required to wake up at 6.00 am both mornings! On the Friday, the Cadets went straight into skill at arms, which they continued Saturday morning, before heading off base into the training area to learn a variety of field craft.

The field craft involved the students going around a variety of stands to learn new skills which they were going to be tested on in a Cadet competition on the Sunday. The skills involved; camouflage and concealment, moving with and without a weapon to approach a target; building a shelter, judging distances and identifying hidden objects.

A number of the Cadets were extremely hard to spot in the camouflage and concealment stand, most noticeably was Lucas Tweed who managed to camouflage and hide himself in a bush only 5 metres away from myself and was not spotted!

The day was not over, after dark the Cadets patrolled out into the training area to listen to a demonstration of night noises and see how many different noises they could identify, ranging from talking to digging, cocking a rifle, to walking around.

After a busy day of training, the Cadets did not waste any time in clearing out the tuck shop of treats. Unfortunately, on the Sunday, the weather took a turn for the worse, but this did not stop the Cadets. They threw themselves into the competition, with the highlight being the stalk, where they had to hide and approach Lt. Eardley without being spotted, crawling through the wet grass and mud.

The Cadets did amazingly well, making it extremely hard to judge the winner. In the end, Megan Pinnock was announced the overall winner. Overall, it was a fantastic weekend and the Cadets really enjoyed themselves and learnt many new skills.

The students involved were: Hope Betts-Masters, Jessica Broadway, Shelley Broadway, Mia Bundy, Nathan Cobourne, Jessica Cook, Luke Fardy, Suzanne Fewtrell, Jessica Gumbrell, Marisol Hannah, Ben Height, Josh Lawton, Katie Lockett, Neve Malcolm, Megan Pinnock, Oliver Polson, Charlie Rice, Emily Roberts, Amelia Stainton-Roberts, Liam Stone, Lucas Tweed.

**Mrs Debbage**





# COLLEGE NEWS

## STEM (SCIENCE, TECHNOLOGY, ENGINEERING, MATHS) CHALLENGE



On Thursday 21 March 2019, eight Year 8 students took part in the Cambridgeshire Fire and Rescue STEM (Science, Technology, Engineering, Maths) competition.

The students were made up of two teams, the girls; Jenna Willoughby, Ella Chiva, Emma Short and Amelia Millen and the boys team; Ethan Nagle, Rohan Hadfield, Tom Butcher and Daniel Kalish.

For the competition, the teams had to design and build a fire engine that can deliver water into a specific area, eg a house window; as quick as possible whilst they stood in a safe zone. The design of the fire engine had to represent a fire safety message. To go along with their fire engine, they had to create a presentation explaining their design and message to three senior staff members of the Cambridgeshire Fire Service.

Both teams came up with really unique and excellent designs, the boys going for an electric pump with the message 'Matches, matches never touch, they can hurt you very much' and the girls going for a manual firefighters pump and the message 'Don't start fires, unplug a few wires'.

The students worked really hard on getting their creations ready for competition day, including coming in at lunchtimes, after school and even on a Saturday. On the day, the fire engines held up to the tough competitions and despite a few flaws worked well and both delivered over 20L of water in 4 minutes. As well as competing, the students got to try out lots of different STEM related activities, such as virtual reality, using the tools which take vehicles apart and spraying the different firefighters hoses.

Despite the tough competition, including The King's School, Ken Stimpson, Queen Katherine Academy and Ormiston Bushfield Academy, the boys came 3rd only losing out to 2nd by 100ml and the girls came in 4th overall.

The winning School was Linton Village College who managed to deliver 35L of water with their trebuchet design. Overall the students were a real credit to the school and had a fantastic day exploring STEM outside the classroom.

**Mrs Debbage**



# COLLEGE NEWS

## EVA CLARKE, BEM - A HOLOCAUST SURVIVOR

### The Voice of a Survivor

As a student that has recently been studying the Holocaust, I feel that it has been somewhat hard to really get to grips with just how devastating this key historical event was and how many people, even to this day have been affected by it.

However, on Tuesday 12 February 2019, my peers and I had the great privilege of Eva Clarke, a Holocaust Survivor, coming into school to share the eye-opening story of her family's life in concentration camps.

After experiencing her inspirational speech, I feel that we are now truly able to appreciate the vast severity of this tragic time and have also taken away the message to be fully grateful for the era that we have grown up in, where it is wrong to discriminate against someone by any means.

Eva began with how she was born on a train from Auschwitz, by her mum Anka and continued to tell the astonishing story of her mother's three year life in concentration camps across Europe and how by extreme luck and prestigious circumstances, she managed to survive through to liberation in Mauthausen, 1945.

While she was telling her story, I could feel nothing but emotion for how relentlessly Anka had to work daily for just a single chance at survival. At times, I also felt waves of shock at hearing how devastating the conditions that Anka had to live in for years really were, even more so than in class, because of how personal Eva made her story to each of us listening.

When it came to the end of Eva's visit, the pure astonishment of Eva and her mother's story really started to dawn on me and I couldn't help but feel overwhelmed at all that I had been told about Eva's past and her mother's truly mesmerizing story, especially when I thought of how many people this had happened to over the years of the Holocaust.

Now, Eva continues to tell her devastating, first-hand account of the Holocaust, spreading awareness in our society through her and her mother's incredible story and sparking emotion within us from hearing what Jewish citizens had to suffer daily for years, because of the discrimination against their race and religion.

After experiencing Eva's account, we are all so grateful for having taken away so much new knowledge of and emotion for the Holocaust and feel such gratitude for the opportunity of listening to Eva Clarke herself and her moving story.

**By Sophie Parker (9TJA)**



### An Unforgettable Experience

**On Tuesday 12 February 2019, one of the few World War 2 Holocaust survivors came to talk to the Year 9 students.**

**Eva Clarke was born on a train on the way to the Auchwitz concentration camp. Her mother and father were both Jews and so were the rest of their family; her mother and aunt however both survived the torturous concentration and transit camps. Eva first told us about the build up to the Holocaust and the rules that were brought in to segregate the Jews quickly. She told us anecdotes of her mother's mischief and how she would break Jewish curfew.**

**We later had a classroom lesson with Mike Levi who taught us the scale of the Holocaust. Throughout the day we learnt a lot about something that happened not that long ago, but is a very important part of British and World History.**

**At lunchtime, we had an opportunity to sit with Eva and Mike where we had more of an in-depth discussion of what it was really like during the Holocaust. We were also lucky enough to have some German teachers with us in the room who told us how the Second World War is a very large part of their education syllabus; they also said how from a young age German students have the opportunity to visit concentration camps for free to ensure they are aware of the effects of the war and the history of their country.**

**Having Eva in that day was such an eye-opener. To hear the stories of such bravery and courage was inspiring and the whole year group enjoyed her visit thoroughly.**

**By Phoebe Jones (9ARH)**



# COLLEGE NEWS

## ARTHUR MELLOWS VILLAGE COLLEGE ACHIEVES NATIONAL 'QUALITY IN CAREERS STANDARD'

Arthur Mellows Village College has been awarded the national 'Quality in Careers Standard' for the quality of its Careers Programme.

The award is in recognition of the information, advice and guidance given to the young people at the College, ensuring it is of a high standard. The award is valid for a period of three years.

Mike Sandeman, Head of College, said "I am highly delighted that the College has been recognised in this way and would like to thank Mrs Dawson, our Careers Adviser, in particular for her work in this area in submitting a comprehensive evidence package and ensuring that careers is embedded into the ethos of the College".



Strengths identified in the assessor's report include the range of in-house guidance and support for staff, having a well written, thorough and up to date policy and a strong curriculum provision.

## LGBTQ+ RAINBOW FLAG AWARD

As a school, Arthur Mellows Village College demonstrates commitment to celebrating difference in individuals, regardless of race, gender, sexuality, ethnicity and religion.

We believe passionately that individuals should be celebrated for who they are, and should never be victimised based on difference.

With this in mind, we have recently been awarded the Rainbow Flag award from The Kite Trust for our whole school commitment to improve the lives of all young people, through a focused initiative to support Lesbian, Gay, Bisexual and Trans (LGBT) inclusion.

Students have been educated within assemblies and PSHE lessons on HBT (Homosexual, Biphobia and Transphobic) bullying and know what this entails and how words and language can be perceived. Students have been educated on diversity and tolerance for all.

Students have been keen to have their voice heard in the form of questionnaires and presenting their views at student council meetings.

This has all been taken into account for the ongoing updating of the PSHE curriculum.

**Mrs Young**  
PSHE Co-Ordinator





# COLLEGE NEWS

## SIXTH FORM NEWS

### EDEXCEL A LEVEL BUSINESS REVISION DAY

Last month, A Level Business students had a visit from Edexcel exam question writer and author, Ian Marcouse.

This took place from 10.00am - 3.00pm and he went through all the techniques we would need when revising and taking our A Levels, from application through to picking apart questions and standing out to an examiner to reach the grades we are all aiming for.



This was incredibly useful for us as a class, as this gave us an insight into how to succeed in the exam, from the mouth of a specialist in A Level Business.

It also allowed us to spend a full day of revision going over topics and themes to strengthen our knowledge as exams draw closer.

**By Millie Richardson (13DNO)**



### BUSINESS AND ECONOMICS

On Friday 15 March, Year 12 Business and Economics students, alongside their Year 13 counterparts, were able to gain valuable knowledge and insight into the functions of regulations and competition policy in the UK through an industry expert, Mr Gareth Tipton. Mr Tipton, Group Director Ethics, Compliance and Governance works for BT plc, and has done so for a number of years.

This put him in the perfect position to engage with the students about the implications of competition policy, particularly for BT plc and businesses in general. Regulatory bodies such as the CMA (Competition and Markets Authority), FCA (Financial Conduct Authority) as well as OFCOM (Office of Communications) were given as examples and will provide useful application in our future essays.

As the nature of both subjects is very topical and influenced by current events, a section on Brexit was also included, in which Mr Tipton explained the impact it may have on BT plc and the way it will trade with the rest of the world, specifically in terms of regulation, once the UK leaves the EU customs union.

Overall, the students learnt a great deal about competition policy and regulation and would like to thank Mr Tipton for providing an industry perspective on these subjects.

**by Oliver Allan  
Year 13**



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Aspirational Culture*



# COLLEGE NEWS

## SIXTH FORM NEWS

### A LEVEL BUSINESS



**HIDDEN DOORWAYS**  
A KAA TRAVEL COLLECTION

In preparation for their exams, Year 13 A Level Business students listened to and were inspired by Chris Mastin from Hidden Doorways, a Luxury Travel Company.

The class, whose research theme for the final paper is "Market for Holidays", gained a valuable insight into the ways that the business operates and opportunities within this luxury niche market.



**Mrs Street**  
Head of Business Studies/Economics

### UCAS CONVENTION TRIP



Friday 21 June 2019

Bedford University Campus

A chance to visit a university campus for the day, attend seminars and speak to representatives from all the universities in the UK.

A letter has been sent out outlining the day.  
Cost £10.00

Any queries, please do not hesitate to contact Mrs Jones

### SIXTH FORM KEY DATES

Year 12 Study Leave	Wednesday 24 April - Tuesday 7 May 2019 inclusive
Year 13 Last Day Celebration	Friday 24 May 2019
Sixth Form UCAS Convention Trip	Friday 21 June 2019
Year 13 Prom at Grange Farm, Wittering	Thursday 27 June 2019
Sixth Form Induction Day (1/2)	Monday 1 July 2019
Sixth Form Induction Day (2/2)	Tuesday 2 July 2019
Gold Duke of Edinburgh Award	Monday 8 July - Friday 12 July 2019
A Level Results Day	Thursday 15 August 2019
GSCE Results Day	Thursday 22 August 2019



# COLLEGE NEWS

## A GUIDE FOR STUDENTS, COPING WITH EXAM PRESSURE BY LIVERPOOL UNIVERSITY

### copied with exam pressure a guide for students



### "stress is not necessarily a bad thing"

people react to stress  
in different ways...

**Stress can be a great  
motivator** for some  
students, giving them the  
'get up and go' that they  
need to succeed

Other students are  
**indifferent to stress**; they  
can float along without  
getting affected by stress  
in a good or bad way

**Stress can be  
a bad thing** for some  
students, when exam  
pressures become  
overwhelming

The **key things to remember** are that:

- stress is nothing to be scared of
- anxiety is not inevitable
- you can learn how to cope more effectively



### the signs of high exam anxiety

#### Cognitive signs (thoughts)

- going blank in an exam
- difficulty concentrating
- negative thoughts about past performance or consequences of failure

#### Affective signs (emotions)

- feeling excessive tension
- feeling panic
- feeling overwhelmed
- feeling not in control

#### Physical signs

- dizzy or faint
- sweating



- fast heartbeat
- tight churning stomach

- jelly or wobbly legs

The **key things to remember** are that:

- most people experience some of these signs during an exam
- high exam anxiety is when you experience them most of the time
- you can learn to control your physical reactions to anxiety



### how to control physical reactions to anxiety

#### Deep breathing

When you become anxious  
your breathing becomes  
shallow and fast.

Breathing slowly and  
deeply will help you calm  
down and feel in control.



#### How do I do it?

- sit comfortably with a straight back
- place your left hand on your chest, and right hand below it, on your diaphragm
- inhale deeply through your nose for 5 seconds
- hold your breath for 2 seconds
- exhale slowly through your mouth
- feel the expansion in your diaphragm
- repeat for 1 or 2 minutes until you feel calm

The **key things to remember** are that:

- you can learn to control anxiety with deep breathing
- many people find it easier to learn with an instructor
- yoga or mindfulness classes can also be helpful



### how to feel more confident about exams

#### What are negative beliefs?

Many people with high exam  
anxiety can't stop worrying  
about failing or the  
consequences of failing.  
For instance, 'if I fail my GCSEs my  
whole life will be a failure'.  
These types of beliefs focus on what  
you can't do rather than what you can.

#### Replacing negative beliefs with positive beliefs

Find a positive, realistic belief that can replace the  
negative belief.  
For instance, if your negative belief is 'I am rubbish at  
maths' a positive, realistic alternative could be:  
'Even if I will never be the best at maths, I will do  
better if I have a revision plan and stick to it'.

The **key things to remember** are that:

- if you suffer from anxiety, replacing negative beliefs can help
- some people find it helpful to keep a record of their beliefs
- you can become a more confident person with a 'can do' attitude



### how to best plan your revision

For many students, **starting revision  
is the biggest hurdle** to overcome

#### 1. Create a plan

Break down everything you  
need to revise into small  
topics and just revise one  
topic at a time. By creating a  
plan you are taking control.

#### 2. Set targets

Identify when you are  
going to revise each topic.  
Give yourself a time limit  
for when to complete  
each topic.

#### 3. Check progress

Check your progress and  
set yourself a new  
time limit if necessary.  
Once you've met a target,  
set yourself a new one.

The **key things to remember** are that:

- targets should be achievable and manageable
- targets must be short-term and include a time-limit
- review your targets, and when complete, set new ones





# COLLEGE NEWS

## STUDENT ACHIEVEMENTS

### STUDENT ACHIEVEMENTS

If your son/daughter has achieved an individual or team goal outside of the College, please send in a short paragraph outlining their achievements; these do not necessarily need to be sport related.

Please also include a relevant photograph, providing your consent for the photograph to be published.

Please send your items to [office@arthurmellows.org](mailto:office@arthurmellows.org)

### TOP RESULTS IN RUGBY

Five Year 7 students represented Peterborough Rugby Club U12s at The Cambridgeshire Cup held at Shelford.

The team came away as group winners with wins against St Ives, Ely, Shelford and Wendons Ambo.

They scored nine tries in total with five of the tries coming from Monty James (1), Josh Arden (2), Jack Warrington (2) and only conceded 1.

Well done to Daniel Roach, Aaron Jones, Monty James, Josh Arden and Jack Warrington.

Pictured: Monty James and Jack Warrington.



### MENTAL WELLBEING INITIATIVE RECEIVES £1,000 BACKING FROM LEADING DEVELOPER

Arthur Mellows Village College has received a £1,000 donation for its Wellbeing Initiative, which provides staff and students with valuable mental health advice. Leading developer Barratt and David Wilson Homes in Cambridgeshire has given the College the funding to help provide support and services on Mental Wellbeing.

A presentation of a donation of £1,000 from the housebuilder took place on Friday 22 March 2019 and the money will now be utilised for various initiatives that are planned. Mrs Sludds, Assistant Headteacher and ambassador for this initiative said: "Mental Wellbeing is at the forefront of the media and is something that, as a school, we care deeply about, both for students and staff.



"The number of people affected by mental health issues has risen dramatically over the course of the last few years. As a result we have created a wellbeing team who have developed a number of ideas and strategies to support the students and staff in the College, however, developing these further has been seriously hindered due to the lack of finance available.



**BARRATT**  
HOMES

"The College is extremely grateful for the support from Barratt and David Wilson Homes and the kind donation of £1,000 will be put immediately to good use." Adam Knight, Managing Director at Barratt and David Wilson Homes, Cambridgeshire, said: "We are delighted to have been able to support Arthur Mellows Village College and their wellbeing initiative through the Community Fund scheme."

"As the country's largest housebuilder we are committed to creating a positive legacy. We want to lead the industry not just in the quality of the homes and developments we build, but also in our work with charities and good causes throughout the UK."



# COLLEGE NEWS



## TECHNOLOGY FREE LUNCHTIMES Wednesdays in R2

This initiative goes from strength to strength and provides a totally different lunch time experience!

We play board games, we play cards, we sit and chat and just generally relax in a positive environment where there are no phones to distract us. It is difficult to describe how much difference it makes knowing your friends are not going to be distracted by their phone while they chat to you.

Rumour has it there are going to be crochet lessons going on soon, so if anyone feels like learning something new, please join us.

So come along and see what it's like. Bring your lunch and escape social media for a while.

If anyone has any games they no longer need, please do bring them in as we could always do with more, and a variety would be really helpful.

**Mrs Blackmore**

## SPORTS FIXTURES

### Soke Football and Netball Competition for Years 5 and 6 Wednesday 20 March 2019

Over 300 primary school children from 14 feeder primary schools took part in this competition.

Leaders from the College umpired and refereed all the games to a high level, allowing teachers to coach and encourage their teams. There was an excellent standard of play both in the Football and Netball competitions, with some very close and tense games.

Well done to all the youngsters who participated with great enthusiasm and the leaders, who were excellent role-models, showing maturity and professionalism under pressure.



#### Final scores – Football

Winner – Norwood Primary  
Runner-up – Werrington Primary

#### Final scores – Netball

Winner – Northborough Primary  
Runner-up – John Clare Primary, Helpston

**Mrs Wilding and Mr Moffat**  
Primary PE Co-ordinators

# COLLEGE NEWS

## SPORTS FIXTURES

### **Peterborough Schools Year 7 and 8 Netball Tournament**

The Year 7 and 8 Peterborough Schools Netball Tournament which took place on 19 March 2019 was a great success. Schools from all over the city travelled to Arthur Mellows Village College, bringing teams of Year 7 and 8 girls to take part in the City Netball Tournament.

The tournament was organised by the Year 13 Higher Sports Leader Award students: Corinne Wilding, Natalie Smith, Jacob Large, Fabio D'Agnano and Harley Meadows. We had a record breaking number of schools attend to make this event even more of a triumph and 27 teams participating across the two years.

A high standard of netball was observed across the courts with AMVC, Kings School, The Peterborough School and Hampton Gardens going through as the top four schools in both Year group competitions. Arthur Mellows entered four teams who all finished well in their group stages.



**Year 13 Higher Sports Leader Award students**

### **Year 7 Results**

In Group A, Hampton Gardens and the Arthur Mellows A Team progressed into the semi-finals, along with The Peterborough School team and The King's School from Group B.

Both semi-finals ended in a 4-2 win with the winners being Hampton Gardens and Kings School who moved forward to the final. The final was an incredibly close game and the game finished with a narrow 2-1 win to The King's School.

In the 3rd and 4th place game, this was another very close game that ended with a 2-1 win to The Peterborough School. Well done to all Year 7 girls who played so well.

1st place: The King's School; 2nd place: Hampton Gardens; 3rd place: The Peterborough School; 4th place: Arthur Mellows Village College.



# COLLEGE NEWS

## SPORTS FIXTURES

### Peterborough Schools Year 7 and 8 Netball Tournament Results

**Year 7 A Team**  
Semi-finalists (4th place)



**Year 7 B Team**



**A Team:** Grace Palmer, Caitlin Walls, Olivia Ryan, Lucy Munday, Poppy Brenton, Evie Weatherbed, Ella Gerrard and Olivia Blackall.

**B Team:** Eva Fowler, Charlotte Bullard, Beth Rhodes, Erin East, Lucy Hicks, Lexi Minall, Diana Kiseru, Daisy Jones, Grace Clark and Libby Attwood.

### Year 8 Results

For the Year 8 tournament, The AMVC A Team and Hampton Gardens from Group A went into the semi-finals, along with The King's School and The Peterborough School from Group B. Arthur Mellows and The King's School went on to secure their places in the final, which was very close, with The King's School pipping Arthur Mellows 5 - 2 in the final. 3rd place was then taken by The Peterborough School who beat Hampton Gardens in the 3rd and 4th place game 4 - 3.

Well done to all those who took part.

**Year 8 A Team**  
Finalists (2nd place)



**Year 8 B Team**



**Year 8 A Team:** Leanne Broadway, Jess Puk, Amelia Millen, Bella Knight, Tamelia Foster, Amy Privett, Harriet Hill and Gabby Ling.

**Year 8 B Team:** Ella Freeman, Tallulah Smith, Amelie Foreman, Megan Smith, Poppy Hornsby, Siena Martignetti, Ella Chiva and Georgia O'Connell

# COLLEGE NEWS

## SPORTS FIXTURES

### TRAMPOLINING COMPETITION

Once again, the Peterborough Schools Trampoline Competition was held at Ken Stimpson School and Arthur Mellows Village College took a strong squad to try and wrestle the trophy from The King's School who narrowly beat us last year.

We had a fantastic day and everyone delivered excellent routines and I am proud to say we came out as winners of the competition! Importantly, it is a real team event and everyone helped us in our overall victory, as each performance was vital in delivering our success.

Some of our students had never competed before, which makes it even more impressive that they helped deliver the trophy for Arthur Mellows this year. We also, of course, had some very impressive individual performances and plenty of worthy medal winners in all of the different age and ability competitions.

Thank you to Faith Atkinson and Lauren McDonald, Year 12, who also helped make the competition possible by judging.

#### **Our competitors were:**

Rose Ford, Poppy Thrall, Grace Truckle,  
Brooke Ware, Siena Martignetti, Robyn Gerrard,  
Olivia Walker, Kristyna Fedkova, Caitlin Walls  
Katie Gee, Grace Bryant

#### **Our Medallists were:**

Leah Bird: Winner Elite Year 7 and 8,  
Jorja Whitecross: 3rd Elite Year 7 and 8,  
Lauren McDonald: Winner Elite Year 10 up,  
Megan Lord: 3rd Elite Year 10 up,  
Tallulah Smith: Winner Advance Year 8,  
Abigail Bond-Bacon: 3rd Advance Year 8,  
Lilley McCann: 2nd Intermediate Year 8,  
Lily Hutton-Smith: 3rd Intermediate Year 8.

Also, thank you to Miss Joyce who helped coach the team. Well done everyone!

**Mrs Griggs**





# COLLEGE NEWS

## GERMAN EXCHANGE VISIT

### St. Wolfhelm Visit February 2019

Between the 5 - 13 February 2019, thirty students and four teachers from our partner school, St. Wolfhelm Gymnasium, Germany, came to visit Arthur Mellows Village College.

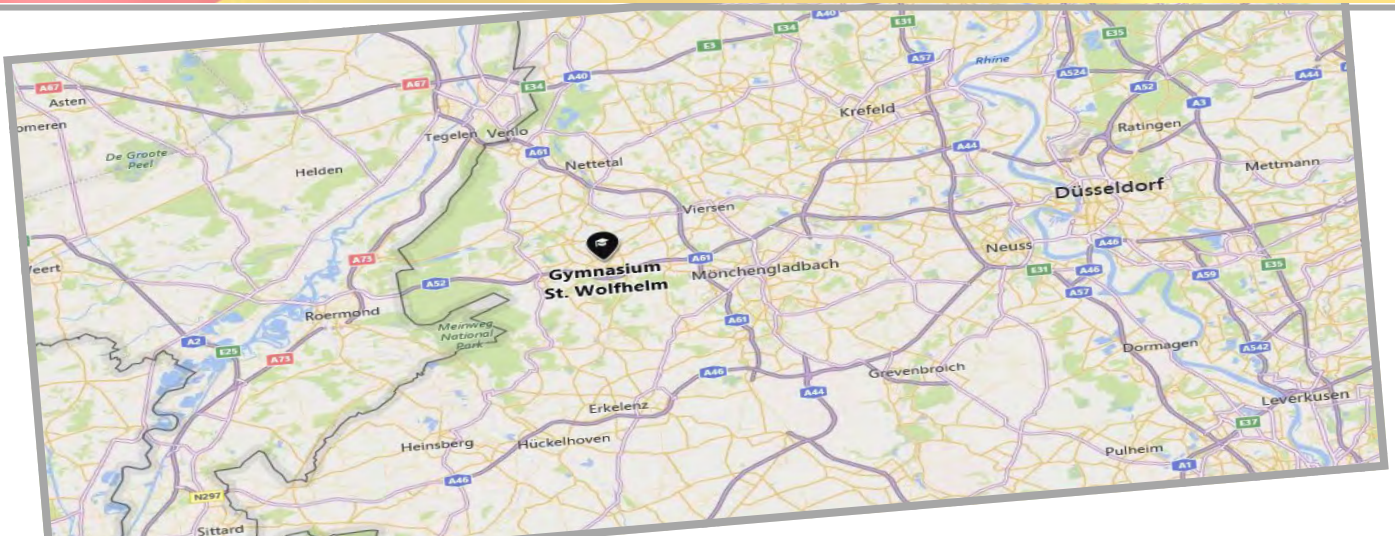
This is the second exchange visit we have hosted and it was brilliant to be able to continue our partnership with St. Wolfhelm and welcome them once again to the College. During their time in the UK, they were able to visit key sights in Cambridge and London as well as exploring the local area.

The purpose of the visit was to allow students to gain a better understanding of what life is like in England and to get a glimpse of the day-to-day life at Arthur Mellows. On arrival, the visiting students were paired up with an Arthur Mellows student who looked after them during the school day. They attended all lessons and enjoyed spending their lunchtimes learning more about the social side of the College.

It was a pleasure to host the visit. It was enjoyed by both our students and those at St. Wolfhelm.

We look forward to welcoming them again in the future! Thank you to all who helped the exchange to run so smoothly.

Mrs E Gray



**COMIC  
RELIEF**



Arthur Mellows Village College raised a fabulous £1,343.24 to support Comic Relief.

Pupils participated in a non-uniform day and bake sale to help raise funds.

Thank you to all who helped support the day's events.

# COLLEGE NEWS

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## LIBRARY CHOICE

### Dystopian Novels For Sixth Form and Adults

The Handmaid's Tale – **Margaret Atwood**

1984 – **George Orwell**

The Giver – **Lois Lowry**

Brave New World – **Huxley**

Clockwork Orange – **Melvin Burgess**

Fahrenheit 451 – **Ray Bradbury**

Animal Farm – **George Orwell**

Never Let Me Go – **Kazuo Ishiguro**

The Road – **Cormac McCarthy**

Do Androids Dream of Electric Sheep –

**Philip K. Dick**

The Oryx and the Crake – **Margaret Atwood**

The Time Machine – **HG Wells**

The Children of Men – **PD James**

Ready Player One – **Ernest Cline**

The Book of Dave – **Will Self**

The Chrysalids – **John Wyndham**

The Laithe of Heaven – **Ursula Le Guin**

The City of Ember – **Jeanne DuPrau**

Super Sad True Love Story – **Gary Shteyngart**

Neuromancer – **William Gibson**

Atlas Shrugged – **Ayn Rand**

The Running Man – **Stephen King**

The Year of the Flood – **Margaret Atwood**

We – **Yevgeny Zamyatin**

The Feed – **Nick Clark Windo**

Children of Time – **Adrian Tchaikovsky**

It Can't Happen Here – **Sinclair Lewis**



# COLLEGE NEWS

## 'HARD BOILED HISTORY' EGG DECORATION COMPETITION RESULTS

**First place....**Jaime Crookes: 7GHU & Lucy Munday: 7KAI  
(Suffragette Emily Wilding Davison, Epsom Derby, 1913)



Thank you to all of the students who made entries for the competition!

It was very difficult to pick the winners!

These students won 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize, but all those who entered have also won some chocolate!

Well done!

**Mrs Mason**

**Second place....**Rhea Mangat: 7KAI  
(Cleopatra)



**Third place...** Grace Johnson: 9ARH  
(Jack the Ripper)

