



ARROW NEWS

**EVERY
SCHOOL
DAY
COUNTS**

Spring 2024 Edition | Issue 35



Principal's Welcome

Welcome to the Spring Edition of Arrow News.

As in all editions the breadth of curricular and extra-curricular enrichment opportunities is incredible and indicates the fantastic partnership between our excellent students and fantastic staff. Due to the volume of amazing activities happening on a weekly basis I know Mr Rash is planning to write to you as a community so that he can capture all of the amazing things that make Arrow Vale such a special place to be part of. We look forward to reading these next term.

Throughout this edition you can see the aspiration of all our pupils. Language trips to the French Riviera, mathematic challenges, Young Enterprise events and products designed and made by our Sixth Form Company 'AVCrafterz', the 6th Form Challenge, fantastic sport achievements and participations, as well as our Physics A-Level students visit to the Culham Centre for Fusion Energy, embody our ethos of giving all our students the opportunity to be the best version of themselves.

Sometimes in Arrow News we cover some incredible selfless acts from our students. One such article is about Mason in Year 11 who, after growing his hair for 6 years is about to cut it off so it can be donated to the Little Princess Trust, to be made into wigs for young people who have lost their hair to cancer. What an incredible selfless act and one that is truly worthy of a spot in Arrow News. Well done to Mason.

I hope all members of our community have a restful Easter break and we return ready to tackle the summer term to ensure we can be the very best versions of ourselves.

Ian Mellor, Executive Principal



This issue of Arrow News uses our SMSC Symbols in the corners of pages to identify the range of opportunities for personal development at Arrow Vale.

Social – PINK Moral – BLUE Spiritual – PURPLE Cultural - ORANGE
CEIAG - Careers Education Information, Advice & Guidance

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Message from the Head of School



Dear Students, Parents, and Staff,

As we reach the end of another term, I am filled with immense pride reflecting on the fantastic achievements that our students and staff have accomplished together. It is truly inspiring to witness the strength of our team and the dedication each individual brings to our school community.

Being the best versions of ourselves as individuals not only benefits us but also contributes to the collective success of our school. By working together and striving for excellence, we create an environment where everyone has the opportunity to thrive and

succeed.

In the classroom, we have seen real success, with our Year 11 and 13 students completing their mock exams, our Year 9 cohort embarking on their academic journey by selecting their courses and options for the next two years, and our Year 10 students beginning to finalise their work experience placements. These milestones mark important steps in our students' academic and personal development, and I commend each and every one of them for their hard work and dedication.

Furthermore, our students' leadership continues to flourish, with the recruitment of new ambassadors and council members starting sooner than ever before. Witnessing students take the lead in driving improvements and developments within our school is immensely powerful. I encourage any student interested in gaining leadership experience to seize the opportunity to support the school's future direction.

This issue of Arrow News is once again filled with accounts of great trips, experiences, and opportunities that our students embrace and utilize to develop and grow. From academic excursions to extracurricular endeavours, our students continue to showcase their talents and ambitions, and I couldn't be prouder of their achievements.

As we head into the Easter break, I wish you all a restful and enjoyable time with your loved ones. May you return rejuvenated and full of energy, ready to embark on the next chapter of your learning journey. I am excited to see what the future holds for each and every one of you as you continue to learn, develop, and enrich yourselves.

Thank you for your unwavering support and dedication to our school community. Together, we make a difference.

Warm regards

Matthew Rash, Head of School

Working with the Community



On 25th January, Jane Spilsbury, a Councillor for the Matchborough Ward, visited Arrow Vale and met with Mr Guy Shears, CEO of the Trust, Mr Ian Mellor, and Mr Matt Rash. She wanted to reach out to the school about working closely for the benefit of the community. They discussed the ongoing work of AV as a hub of support in the local community.



When Arrow Vale Visited the French Riviera!



In January, a group of 26 year 10 and year 11 students currently studying French embarked on a linguistic and cultural journey to Nice and Monaco.

This educational trip aimed at raising awareness for French culture and affording students an opportunity to hone their listening and speaking skills by engaging in such activities as:

- having a walking guided tour guide of Nice
- visiting an oceanographic museum in Monaco
- visiting a sweet shop and a perfumery shop

ordering fruits, vegetables and snacks from a local stall
craft market

Some of the students' highlights were to visit the Promenade des Anglais in Nice city centre, to enjoy the views in Monaco and seeing the change of guards at the Monaco Royal Palace.

This educational and cultural trip certainly won't be forgotten for a long time by all students!

Mrs Adams, MFL department.



SEND - Using ICT & IDL

The successful use of IDL



We have, for the second year brought into a literacy programme called IDL (International Dyslexia Learning Solutions Limited). This programme is not targeting just those with a diagnosis of Dyslexia but rather those that have a literacy barrier. This simple, but effective program offers students the opportunity to improve their literacy, reading and spelling skills. Using the reading scores from the NGRT tests completed in the English lessons, staff have pinpointed the students who would benefit most from this intervention.

Each student is different and the IDL program recognises this, and therefore is designed to be personalised, targeting the areas that can be improved in each student. These chosen students complete their IDL intervention during their LRC Library lessons, which occurs once every week. Students can also log-in to the IDL program from their home and complete more lessons, if they wish to get ahead.

We will be closely monitoring the next round of NGRT testing to see the impact of this intervention and celebrating the students' successes.

Use of ICT in the classroom

We have a number of students who are successfully utilizing their provision of ICT confidently in the classroom- students are provided a laptop based upon initial assessments for handwriting alongside specialist recommendations. Students are becoming confident in recording and sharing their work with this being their 'Normal Way of Working'. We know that it is essential for students to build their confidence using ICT in preparation for their examinations, during the most recent mocks we have seen students using their provision well and taking ownership over their Access Arrangements.



Sporting News : Spring Term 2024

8th February - 6th form V Tudor Grange 6-0 winners

6th form turned out to play Tudor Grange in a friendly, in a good competitive game dominated by AV a fantastic hattrick by Josh sealed a comfortable victory for AV. A fantastic performance by Tim in the mid-field helped control the game.

13th March - 6th form V Tudor Grange - 2-0 winners

It was the return of Tudor with a stronger team after their 6-0 thrashing the previous month. A much tighter and tougher game with few chances for both teams. AV came out victorious with a 2-0 win after Samet put away two very good chances.

7th March - Y9 boys football V Tudor Grange - Drew 1-1

A standout performance from the Y9 boys where it seemed to click. A mastery performance by Harry left TG defenders not know how to handle him. Unfortunately one hoofed ball over the top and TG managed to score with their only opportunity. A game which left the boys disappointed as they dominated from start to finish.

26th Feb - Y9 trust handball tournament

We were the hosts of the trusts second tournament this time round it was handball. A sport we haven't done much of in PE so far so an inexperienced AV team took stage. in a good competitive environment in which all 5 schools represented themselves well. AV's 6th formers refereed the tournament and did a really good job and kept the mood positive all round despite the weathers best effort at dampening the atmosphere. Our Y9 boys struggled against some taller opponents and unfortunately came 4th whereas our girls did fantastically well, dominated by Aimee W and came out of the tournament in 1st place. Thats 1st place in both the trusts first ever tournaments for the girls, lets hope for 3 in 3 when Rounders comes about in May.

FIFA Tournament

We have been lucky to host a FIFA tournament in the schools theatre over this half term. The turnout has built up over the tournament with some exciting games. The peak of the interest was team Science V Maths Mr Timothy V Mr Butler-Varnell, Science came out the winner this time. A special thanks to Josh Beardsley for organising the tournament, Jake Hughes for organising the lighting and music and finally Billi Baker for spending his time running around to make sure everyone knows whos playing who and creating excitement around the competition. The winner will be decided in a big final on the final Friday of Easter all will be revealed in next edition of AV news.



Y10 Practical PSA's

Our Year 10 sport students have smashed their first ever set of Sport assessments, Their PSA's which consists of 5 tasks, 3 of which are written and 2 of which are practical. We have seen some fantastic skill demonstrated in game play including a range of sports from Football, Netball to Boxing and Dance. Other assessments have included the students getting their whistles and stopwatches out to lead coaching sessions, the students despite the nerves did brilliantly well.

Tune into next terms AV news to find out how they got on

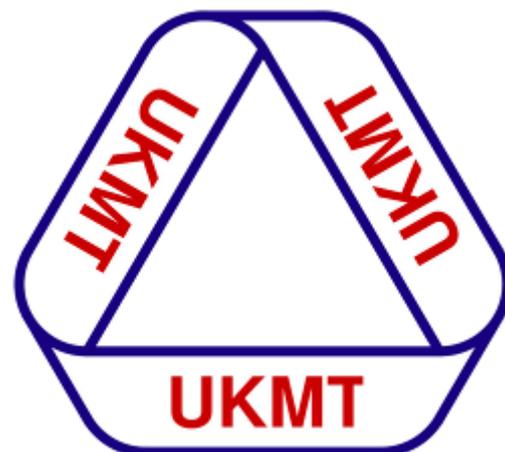


Mathematical & Physics Challenges

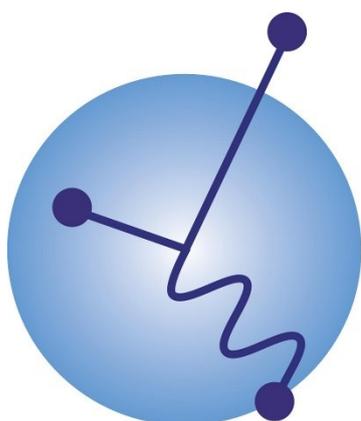
Intermediate Mathematical Challenge 2024

January 2024 saw Year 9, 10 and 11 participate in the UKMT Intermediate Mathematical Challenge and we achieved our best results ever with 60 students achieving Gold, Silver or Bronze certification. Gold places students in the top twelfth, Silver places students in the top quarter and Bronze in the top half of all those who participated nationwide.

Matthew M (Best in School), Avaneesh D, Ben G all achieved Gold certificates and along with Oscar B achieved qualification for the follow up Kangaroo rounds which is a fantastic achievement. Evan S, Zara C and Bartosz K also achieved Gold certificates which itself is an excellent achievement.



- Year 9 : 1 Silver and 6 Bronze
- Year 10: 1 Gold, 2 Silver and 22 Bronze
- Year 11: 5 Gold, 6 Silver and 17 Bronze



BPhO

British Physics Olympiad

Physics Challenges

November 2023 saw four Year 13 students participate in the British Physics Olympiad Round 1 - this is a challenging paper that really tests students resilience and problem solving skills in contextual problems. Tino S and Ryan H achieved Bronze II certificated which is an amazing achievement.

Spring term has seen Year 11 and Year 12 students participate in national Physics challenges run by the British Physics Olympiad. Our students have been competing with some of the best students in the country and our results have been impressive in what are extremely difficult challenges:

Intermediate Physics Challenge Online - Year 11

- 4 students achieved Gold (top 20% of participants) - Evan S (Best in School), James T, Charlie D and James F.
- 10 students achieved Silver
- 14 students achieved Bronze

Senior Physics Challenge Online - Year 12

- 4 students achieved Silver - Kieran R scored Best in School
- 12 students achieved Bronze





ABOVE: *Loki W., Tom S., Viktoria K., and Ester P.*

This year Arrow Vale Sixth Form have included Young Enterprise as one of the Enrichment opportunities open to Year 12 students. The Company Connect programme encourages students to take on roles such as Finance or Marketing Director, and create a brand, logo, company name and a product to sell. Nine year 12 students came together to create “AV CRAFTERZ” and have been working together since November to decide which products to create and sell. As part of the Programme, the students are encouraged to enter various competitions between schools who have signed up, along with attending a Christmas and Spring Fair.

On Saturday 16th March four of the students from the company attended the Spring fair on Worcester High Street along with 13 other schools. They sold a variety of handcrafted items from bookmarks, friendship bracelets, box frames and crocheted animals. The stalls were all judged by representatives from the Young Enterprise and prizes were awarded for best customer focus and best brand. Although Arrow Vale didn't win any awards at this event, I was still very proud at how they conducted themselves. It was a brilliant opportunity for them to engage with members of the public and working on their customer service skills, as well as carry out some market research whilst looking at what the other schools had to offer. The event has given them the confidence to explore if there are other opportunities where they could take their stall to sell their remaining stock. They should be really proud by what they've achieved!

Emma Price, Sixth Form Year Head



Once again Arrow Vale celebrated the annual event of World Book Day! We understand the importance of this day and recognise the incredible work that World Book Day does to promote reading for pleasure and to ensure that all children across the nation are provided with the opportunity to access literature. Research shows that students who regularly engage with reading have access to a better quality of life and it opens up a variety of opportunities for them in the future and so we aim to promote the importance and regularity of reading to give all students opportunities to succeed.

To show support of this fantastic day we allowed all students in Year 9 and 10, one English lesson off curriculum to engage with our CRST Trust World Book Day competition. Students were given the option of two tasks... **Creative Covers:** Redesign the front cover of a well-loved book **or Brilliant Blurbs:** Write the blurb of a story that you wish had been written. Both of these activities encourage students to engage with literature that's either existing or wanting to bring into existence and reminds students of the need and love of reading. We've submitted our entries from Anais, Kris, Jasmine and Nicole and will be awaiting to see the results soon!



We also saw the return of **The Masked Reader** where five staff members took on the challenge of reading a passage from a book of their choice and disguising their voice in the hope that they would not be discovered. All forms groups were sent the PowerPoint and given the chance to work out which character was which member of staff... There was a wonderful buzz around the school and some wild guesses from students and staff alike. The big reveal was sent out on Monday 11th to see just how good the staff were at disguising themselves:



1. The Doughnut... Mr James
2. The Unicorn... Mr Jackson
3. The Dinosaur... Mr Reeves
4. The Wizard... Miss Sherwood
5. The Cat... Mrs Harrison



Alongside these opportunities we once again ran our **Book Inspired Baking** event where students were given the opportunity to bake something that was book inspired and then sold at our bake sale to raise money for charity. We have been overwhelmed with the amount of baked goods that were brought in and in absolute awe of the dedication and deliciousness of the goods provided. It was incredibly heart-warming to see so many students making tasty treats with their friends and family. Just from these donations alone we were able to make over £70 which is an incredible achievement. We couldn't have done it without the dedication and commitment from these students.



Finally to show the love and dedication of literature, staff and Sixth Formers had the option of coming along in **book related fancy dress**. It was incredible to see such an array of characters from a range of texts and there were some really well thought out costumes that celebrated books from across the world.

Once again we are incredibly proud of our community and the engagement with World Book Day and reading in general. Thank you to everyone who took part in any way that they could and we hope to see another successful year next year!



Siobhan Gretton
English Teacher and Literacy Co-Ordinator



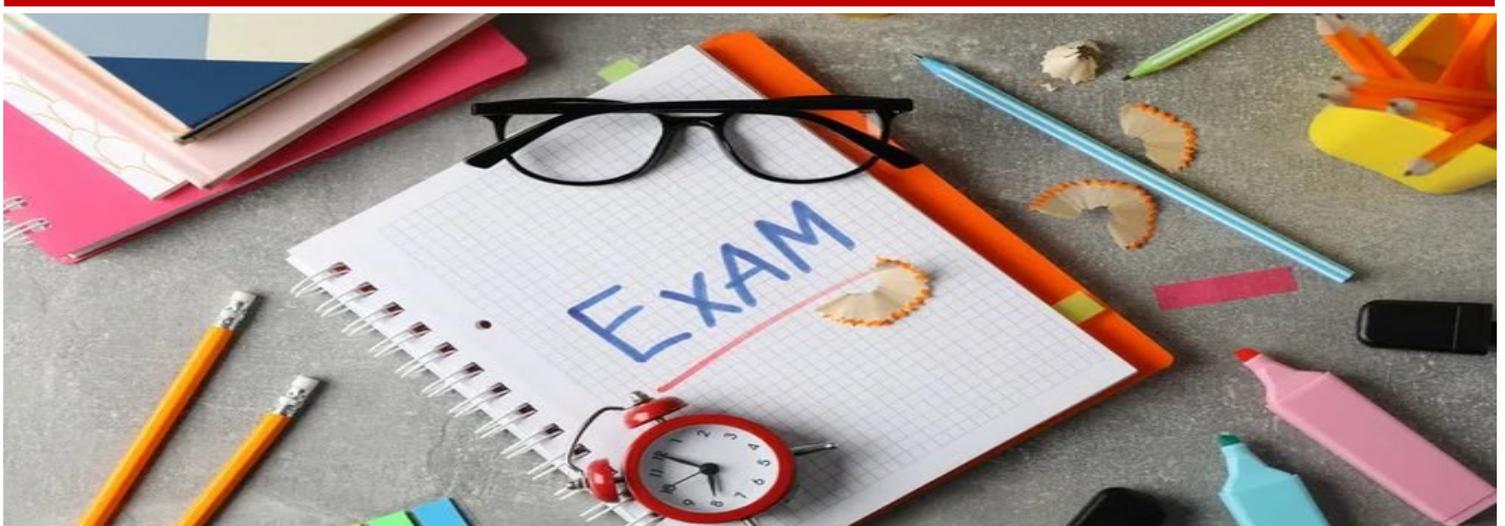
CRST6 – Central Regional Schools Trust Sixth Form event.

On the 28th of February, 14 students from year 12 travelled over to Holy Head Academy on the outskirts of Birmingham to compete in a University Challenge inspired quiz. When we arrived, the school had prepared pizza, cupcakes, and drinks for each team. From Arrow Vale, we had 6 competitors and 8 spectators. As we made our way into the venue, it was hard not to comment on the sheer effort and formal appearance of the set-up, each team having designated seating in an arch formation in-front of the main board and the judges, with external seating around the schools for all of the supporters and other members of the representing communities. Each school had prepared huge and colourful banners to motivate the teams and show off our school pride. They kicked off the quiz with a musical showcase of the song “Creep” by The Cranberries performed by a band from Holy Head. The quiz then started off with the first round which included multiple choice logic puzzles and maths questions influenced by Countdown. We then continued to the next round where we were asked a mixture of general knowledge questions. Overall, the quiz tested us all but we worked well as a team to come up with the right answers. At this point, only two teams could continue to the final round and unfortunately after losing the tie-break question, we were knocked out. In the end, Waseley Hill High School won the competition. All the representatives had a good sportsmanship attitude towards the competition, and the event mirrored the trust's superb inclusion and reflected on its up-to-standard characteristics. The exceeding professionalism from the hosts was reflected throughout the entirety of the event, the profound passion of the cheering supporters lit the venue up, the ecstatic attitude of the supporting communities built upon the pace and overall excitement of the tense event, and despite the taut friendly competitive drive the winner was clear.

Exam Access Arrangements at Arrow Vale

So

M



The Spring Term for many is hallmarked by better weather, longer days but for many of us in secondary schools, it means that exam season is coming! It's a big milestone for all of our students approaching exam season, and at Arrow Vale we offer access arrangements for the students who need them to be the best version of themselves.

What are Access Arrangements?

Access arrangements are reasonable adjustments as defined by the Act of Equality (2010) and are specific to the individual candidate. They are provided for the candidates to ensure they are not disadvantaged and must not give them an advantage at the same time. It is a very delicate balance! Therefore, we follow the regulations of JCQ (Joint Council for Qualifications) and candidates' access arrangements must come from their Normal Way of Working in their lessons and based on their requirements and needs.

What access arrangements do we offer?

All students had a chance to use access arrangements in internal examinations and at this point of the year, students should be aware of their individual access arrangements. To make sure that all students can perform according to their abilities, we offer, based on thorough evidence:

- ⇒ supervised rest breaks
- ⇒ Prompts
- ⇒ extra time
- ⇒ a computer reader
- ⇒ mobile phone for medical purposes
- ⇒ nonaudible stress toy
- ⇒ doodle paper
- ⇒ The use of Word processor.

This list is not exhaustive, and we approach each student individually to make sure that none of our students is disadvantaged.

If you feel you would like to discuss your concerns about exam access arrangements, please come and talk to us. We wish you the best of luck in the oncoming exams season.

Mrs J Harvey, HL Achievement Assistant

Netball

Year 9 Netball

Year 9 played a game against Waseley Hills, the girls all shown great teamwork! They shown some great shooting, great defending, and great passing. The girls have only competed in a few matches together, they are getting better and better every time!

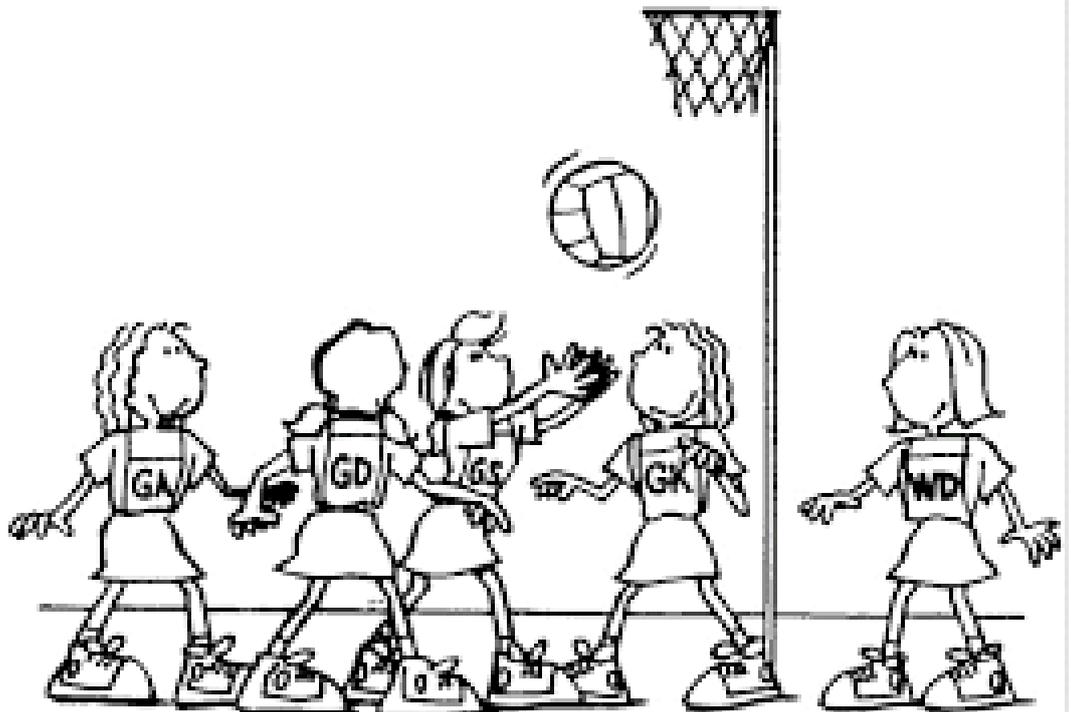
TEAM: Maisie D., Ivy-Rose O., Sophie Y., Jessica W., Abigail H., Millie B., Amelia G., Lili-Mae P., Olivia M., and Phoebe W.

Years 10 and 11 Netball

Year 10 and 11 mixed team competed against Waseley Hills. It was the first time the group had played competitively together and shown fantastic effort from all!

TEAM:

Priscila B.-G.,
Paige W.,
Laura B.,
Kiera G.,
Maggie O.,
Kiera B.,
Emily T.,
Lola G., and
Elsa L.,



Girls Football



Girls' football has been massively successful this term, with fantastic success on the pitch so far, with hopefully even more to come!

Fixtures:

Under 14's (Year 9 and Year 10) – Quarter Final

Arrow Vale 4 vs 4 Droitwich Spa – The girls went 1-0 down but showed great desire and determination to bring the game back level! It was a very close game and both teams scoring goals and playing good football, with 2 minutes left to play the score line was 4-3 Droitwich, the girls didn't give up and continued to work hard and scored in the final minute to make it 4-4. The game went to penalties! Arrow Vale scored all 5 penalties and Droitwich scored 4. Arrow Vale through to the Semi Final! The girls played some great football, and all worked hard for each other!



The following students who took part in the football match:

Year 10

Priscila B.-G., Paige W., Charlotte E., Isabella M., Tayah-Louise H., Isobelle A., and Teagan L.

Year 9

Scarlett M., Aimee W., Teighan M., Milly R., Madison H., Amelia V., and Isla C.,



Year 9 Trust Handball tournament

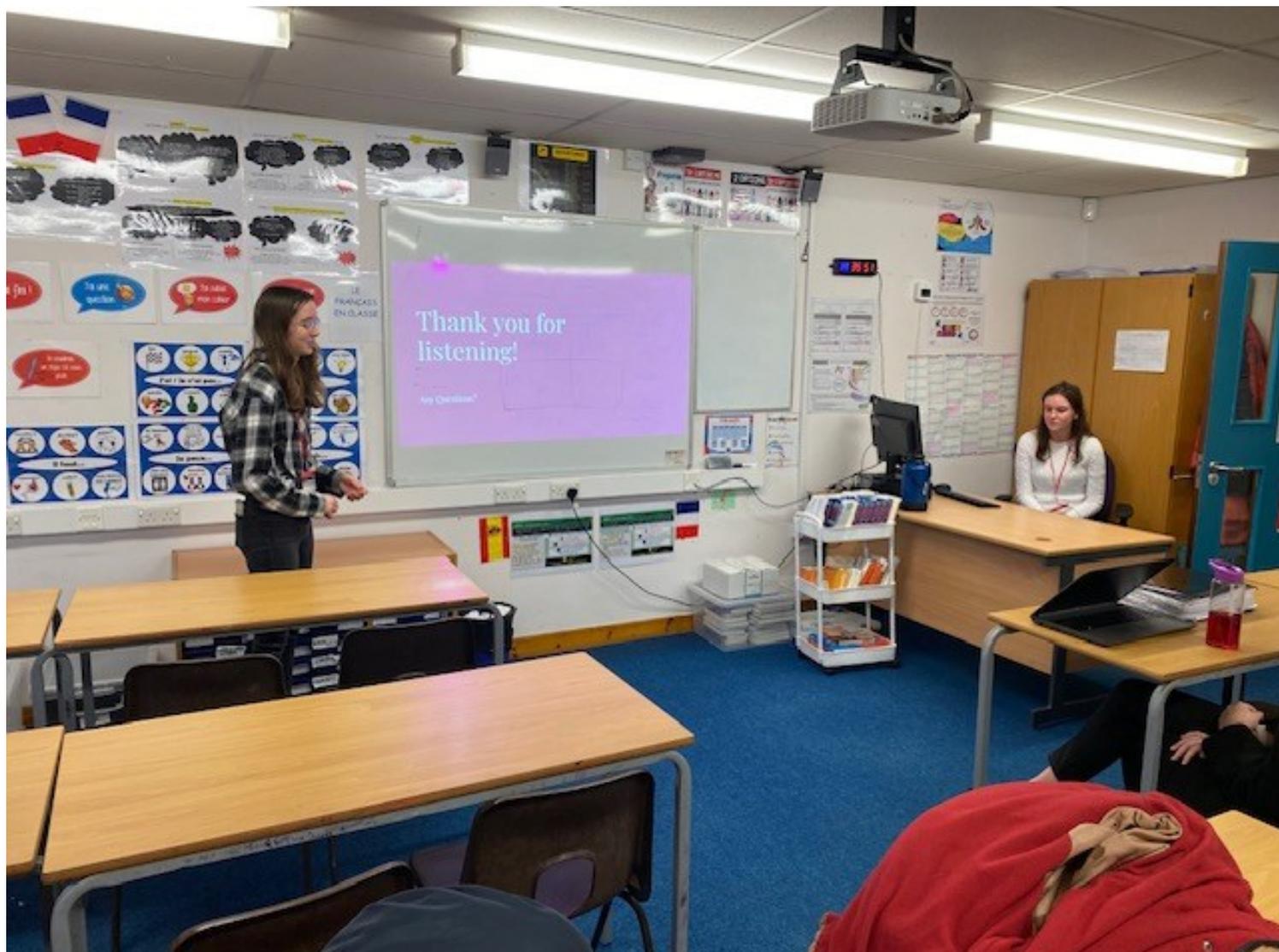
WINNERS! The girls came first in the Trust Handball Tournament! Only losing one game throughout the whole tournament! The girls showed great teamwork and desire. Well done!! We look forward to the next Trust tournament in the summer!

The following students who took part in Trust Handball Tournament:

Year 9

Scarlett ., Aimee W., Teighan M., Milly R., Madison H., Amelia V., and Isla C.

Our Warwick University Language Students are Back!



Hattie and Hannah kindly paid the MFL department a visit to share their linguistic journey with some of our GCSE and A-level students. We learnt how they have enjoyed their language acquisition so far. Our students were pleased to hear from other young ones relatable and realistic experiences as well as practical tips to overcome the challenges along the way. Hattie and Hannah also gave us an insight into all the doors that have been opened to them and how their cultural capital has been increased greatly. Our students' follow-up questions gave evidence of how engaging their real-life presentation was; valuable enrichment opportunity for our students!

Mrs Adams and Mrs Hensel.

MFL department.

Donating Hair Fundraising!



An Arrow Vale Student, Mason in Year 11, who has been growing his hair for the last 6 years, has decided he would like to have it cut and donate his hair to the Little Princess Trust. This amazing charity makes and provides wigs for children and young people who have lost their hair due to cancer treatments.

([Donate Hair to the Little Princess Trust](https://www.littleprincesses.org.uk)
([littleprincesses.org.uk](https://www.littleprincesses.org.uk))



Mason also aims to raise £700 which will cover the costs associated in making and producing the wig, so someone will not have to pay for theirs!

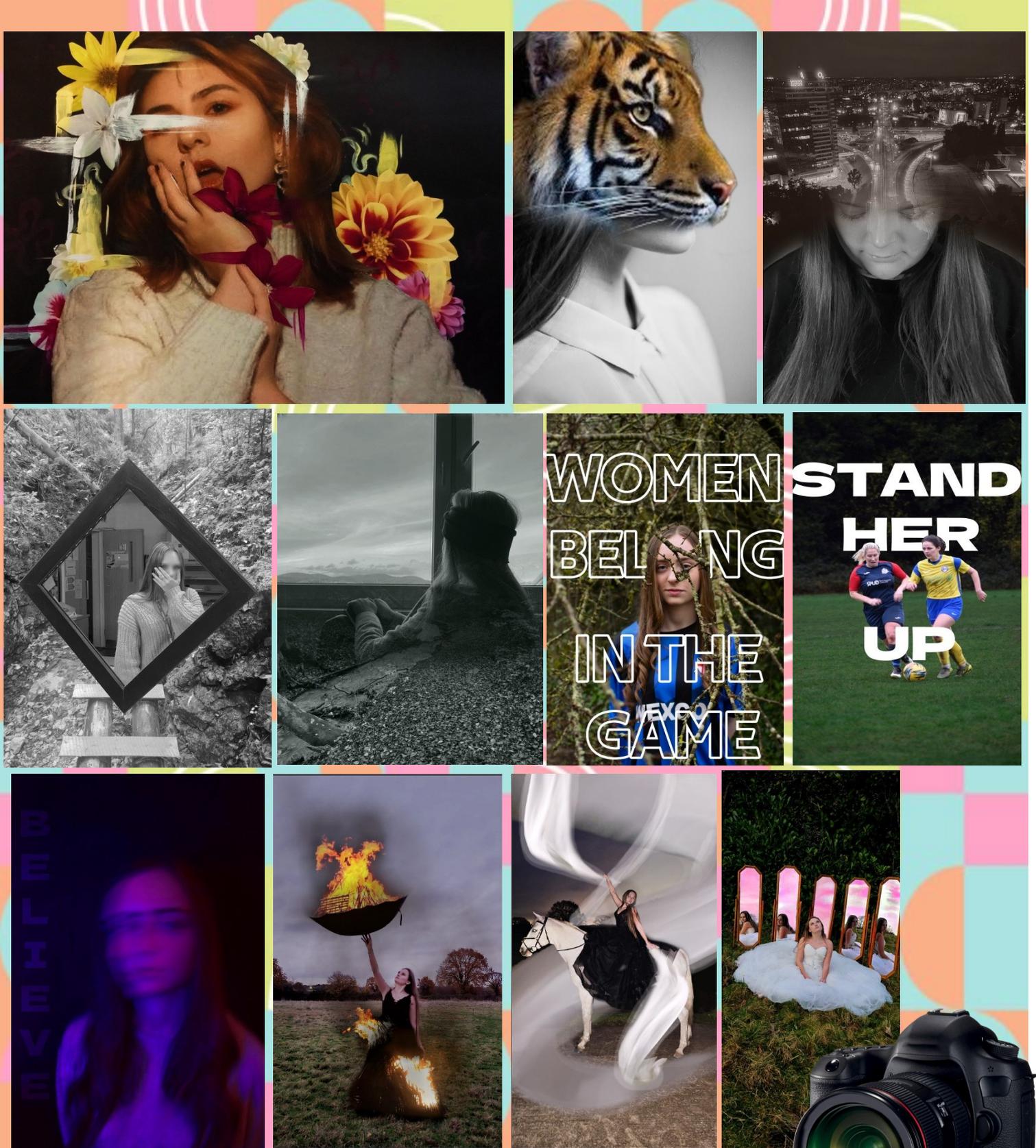
If you are interested in donating please click the link below:

www.justgiving.com/page/MasonCartlidge


Little Princess Trust[®]
Providing real hair wigs for children suffering with hair loss

Year 12 Photography Display Boards

Below is a sample of images by our Year 12 A Level Photography students, who are all working on their personal investigations.



RED NOSE DAY



On Friday 15th March, Arrow Vale took part in the national fundraising Red Nose Day, for Comic Relief.

It was a non-uniform day for students and staff, who made a donation of £1 to come into school dressed in their own choice of clothing. A cake sale was held, at break and lunch times, where a tasty treat could be had for as little as 20p. Raffle tickets were also on sale to win a tasty Easter themed hamper.

The students and staff yet again out did themselves and raised a whopping...

£565.00



A huge well done and thank you!



Sports Leadership Academy Events



The sports leader's academy has already ran different events across different ages for many schools throughout the school year already! Leaders have been selected across year 9,10,11 and Sixth form.

KS2 and KS3 Kurling – On Friday 15th December, KS2 and KS3 Kurling took place here at Arrow Vale. We had 16 Sport Leaders from year 9 and 10 help with running the event. The students were fantastic, the event ran smoothly. Staff from visiting schools said how well the students did and how fantastic their leadership skills were. Students conducted themselves very well and motivated the students participating.

Panathlon - On Friday 26th January, year 9 and year 10 leaders ran and organised an event at Arrow Vale. The leaders helped an external coach who organising the Panathlon event. The leaders were fantastic in getting the younger pupils involved and talking to them about what it is like at Arrow Vale and what they can expect if they come here.

Year 5 and 6 Sports Hall Athletics- On Friday 2nd February, year 9, year 10 and Sixth Form leaders ran and organised sports hall athletics at Arrow Vale. This event was an all-day event! The leaders were in charge of scoring, time keeping and gather results. The leaders were fantastic at all of this! Sports Hall Athletics is a very busy event and all leaders managed this very well!

Year 7 and 8 Sports Hall Athletics- On Friday 23rd February, year 9, year 10 and Sixth Form leaders ran and organised sports hall athletics at Arrow Vale. This event was very similar to the week before. The leaders were fantastic in getting the younger pupils involved, helping motivate them in each event!

Year 5 and 6 Dodgeball - On Friday 1st March, year 9 leaders ran and organised an event at Arrow Vale. The leaders were in charge of referring, scoring and time keeping. The leaders were fantastic in getting the younger pupils involved. Staff from visiting schools said how well the students did and how fantastic their leadership skills were.

There will be more leadership events running between now and June 2024. Please keep an eye out for the different events and leaders selected via Arbor and the Sports leaders notice board in the PE area.

GOOD LUCK



EXAMS

9 Ways to Beat Revision Stress

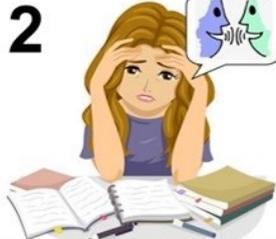


MAKE A REVISION TIMETABLE

30 minutes is 1/48th of a day. Give up your time for a while and in the summer you will smile!



1 Do the actual work - revise!



2 When really stressed, talk to someone about it!



3 Get some fresh air each day!



4 Stick to regular meal times!



5 Do something to switch off, for an hour before bed!



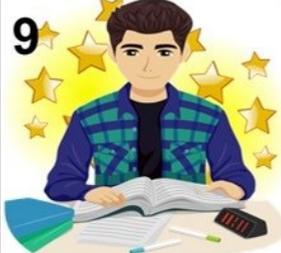
6 Don't dwell on worst case scenarios!



7 A good sleep the night before is better than last minute cramming!

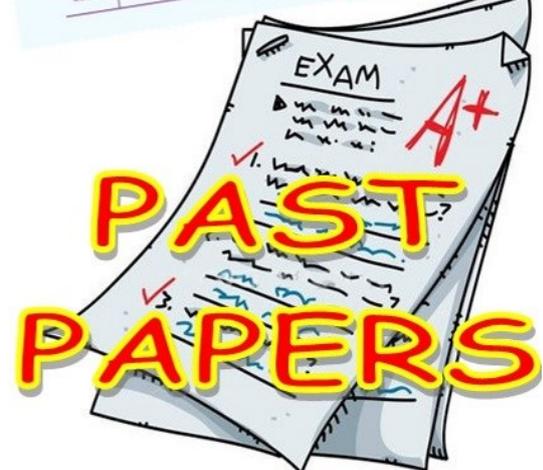


8 Once you've done the exam, move on to the next one!

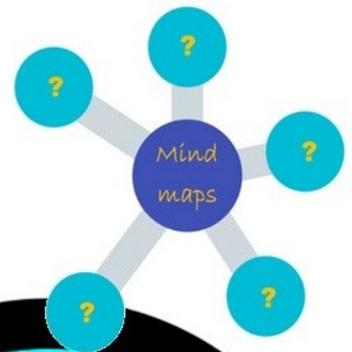


9 Don't aim for perfection - it's a myth and doesn't exist!

REVISION TIMET				
MON	TUE	WED	THU	FRI
9AM - 10AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1
BREAK!	11:15AM - 1:15PM REVISE SUBJECT 2			
BREAK!	2PM - 4PM REVISE SUBJECT 3			
BREAK!	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE
				GO HAVE FUN



YOU CAN DO IT!



1. START EARLY

Don't leave it to last minute! Start revising a couple of weeks before your exams to give your brain time to absorb.

2. PLAN YOUR TIME

Failing to prepare is preparing to fail, so plan wisely. Make a schedule to document what you will revise and when!.

5

TOP TIPS FOR EFFECTIVE EXAM REVISION

5. TAKE BREAKS

Your body needs rest in order to get stronger, and so does your brain! Be sure to take regular breaks during revision - your mind will thank you.

4. PRACTISE!

Athletes don't win gold without rigorous training, and neither will you! Actively practising (e.g. doing past papers) can help re-inforce knowledge.

3. AVOID YOUR PHONE

Revision is tough, but looking at social media every ten minutes won't help you learn! Put your phone away so you can focus.



YOU GOT THIS!



Year 12 Artwork Gallery





Drama Workshop

On Friday 8th March, our wonderful year 12 drama students delivered a drama workshop to a group of year 9 students. The year 9 students had expressed an interest in taking drama as an option so they were invited along to get a taste of what drama might be like for them next year. The year 12 students planned a workshop around two theatre practitioners - Bertolt Brecht and Konstantin Stanislavski. It involved a variety of tasks both theory based and practical as well as warm up games to help develop students' confidence around performance. By the end of the session, all year 9 students were performing and were really positive about the prospect of taking GCSE drama. A massive thank you to the year 12 students - your session was well resourced, you were engaging and acted as brilliant role models to the younger years.

Miss Patterson and Mrs Yeomans

Review by T. Simons (Sixth Form Drama Student):

“On the 8th of March, our Yr12 Drama Class hosted a workshop for Yr9 students that may have been interested in taking Drama for GCSE. In the workshop, the students took part in multiple activities that was both based on what they’ve already learnt in lessons as well activities that gave them a look into the sorts of things they’d do from Y10 through to Yr11. This included activities revolving around improvisation and performing an extract from a play studied in Yr10 using knowledge they’ve learnt about Drama practitioners in their lessons. The students all took part in the workshop with a high level of enthusiasm and were keen to try out the activities we had planned for them. By the end of the workshop, we were impressed not only by the levels of participation we had seen throughout but also by the numbers of those interested in taking Drama, especially from students who were unsure at the beginning.”



Year 11 County Cup Semi Finals

So

C



ARROW VALE

2 - 1

PARVA MAGNA CRESCUNT

Arrow Vale High School
Redditch

VS

Prince Henrys High School
Evesham

Year 11 marched into the county cup Semi Finals following a tense 2-1 win over Prince Henrys High school Evesham . The game was a really hard fought game between two teams who were playing good football searching for progression towards the final. AV took the lead following some good play and Jack W. bundled the ball over the line following the goalkeeper not holding onto the ball. The game was end to end with both teams coming close to adding further goals. Neither manager was comfortable, and the score could have easily been very different at half time. Charlie C with a 60-yard volley that was destined for the top corner drawing the save of the match from their goalkeeper just before half time. It was PHHS that scored next ramping up the tension. Throughout the second half there was many times that either side could have taken the lead, but the score remained level until the final 10 minutes when Jacob A. scored from close range. If truth be told, AV rode a little luck but managed to prove they are worthy to be in the next round. There were some fantastic performances, but Charlie D picked up the MOM award.

‘Doing the ordinary things extraordinarily well’

At Arrow Vale, we know that our students reach their potential and meet our high aspirations for them when our teachers do the ‘basics’ extraordinarily well.



Establish a purposeful learning environment.



Determine prior knowledge (what students already know).



Frequently check the understanding of *all* students.



Adapt teaching so that *all* students can access lessons.



Provide students with opportunities to discuss learning.

This term, teachers have built on their work with questioning from the Autumn term and began to focus on explicit teaching of key vocabulary. Mr Bayley has shared with students in assembly the importance of having a bank of key vocabulary that can support their oracy not only in lessons but also set them up to succeed in later life. We have shared with both staff and students the approach ALL teachers will follow when teaching new vocabulary to ensure that vocabulary is successfully taught and there is a consistent approach across the school. Both Miss Gretton in her literacy lead role and Mr Bayley have delivered some fantastic CPD sessions to staff on this and we’ve been sharing lots of best practice collated from across the school.

Introduce the word visually and verbally. Use choral response to ensure that **all** students can practice pronunciation,



e.g. “After 3, I want everyone to repeat the word _____, 1, 2, 3”

Provide a student-friendly definition. Where appropriate, show the word being used in 2-3 sentenced examples for contextual reference.



Complete a Frayer model of the key word.



The four sections will be subject-specific and might include the following alongside a definition: exploring the word morphology, examples and non-examples, or using it in its accurate context.

Question students to check for understanding. Use our questioning framework to ensure **all** students engage.



Praise or challenge accurate use of the key word or pronunciation, e.g., “that was an excellent use of...in a sentence. Please can you say it again louder so that everyone can hear?”

Here are some frayer model examples.....

Definition You get a second chance at something and make it right.	In a sentence Scrooge is a Christmas A Christmas carol is all about redemption.
<h1>Redemption</h1>	
Synonyms Amends Recompense Salvation Redeem	Scrooge goes on a journey to redeem himself for the wrong he's committed. How does it connect with A Christmas Carol?

Excellent Examples:

INFORM Explore our four new key words for this week's lessons.	
Definition The deliberate killing of a large number of people from a particular nation or ethnic group with the aim of destroying that nation or group.	In a sentence Use this new word in a sentence about war.
<h1>Genocide</h1>	
Which other words have a similar meaning to 'genocide'?	Which words mean the OPPOSITE to 'genocide'?
Synonyms	Antonyms

INFORM Explore our four new key words for this week's lessons.	
Definition The action of moving something from its place or position.	In a sentence Use this new word in a sentence about war.
<h1>Displacement</h1>	
Which other words have a similar meaning to 'displacement'?	Which words mean the OPPOSITE to 'displacement'?
Synonyms	Antonyms

Excellent Examples:

Understanding trigonometric functions using a unit circle

Connect knowledge check on unit circle

Definition: A branch of mathematics which expresses angles in a right angled triangle with ratios of its side lengths.

Characteristics: A branch of Mathematics. Sine of an angle is the y coordinate of the point on the unit circle. It is height of the right angled triangle within the unit circle. Cosine of an angle is the x coordinate of the point on the unit circle. It is the base of the right angled triangle within the unit circle. Tangent of an angle is the ratio of the sine to the cosine of the angle.

Examples: $\sin(30^\circ) = \frac{1}{2}$, $\cos(30^\circ) = \frac{\sqrt{3}}{2}$, $\tan(30^\circ) = \frac{1}{\sqrt{3}}$

Non-examples: $\sin(90^\circ) = 1$, $\cos(90^\circ) = 0$, $\tan(90^\circ)$ is not defined.

Understanding trigonometric functions using a unit circle

Definition: A branch of Mathematics. Sine of an angle is the y coordinate of the point on the unit circle. It is height of the right angled triangle within the unit circle. Cosine of an angle is the x coordinate of the point on the unit circle. It is the base of the right angled triangle within the unit circle. Tangent of an angle is the ratio of the sine to the cosine of the angle.

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Non-examples: $\sin(90^\circ) = 1$, $\cos(90^\circ) = 0$, $\tan(90^\circ)$ is not defined.

Key vocabulary we will refer to: A right angled triangle has 3 parts: 0: there is corner angle. Hypotenuse: opposite the right angle and always the longest side. Always opposite 90°. Adjacent: next to the angle. Opposite: opposite the angle.

If parents or carers have any questions about what we're doing to support our students in classrooms or would like to see it in action, don't hesitate to contact us.

Year 13 A Level Physics Trip to Culham Centre for Fusion Energy

C



Can it power the Future? By Ashley P. (Year 13)

Fusion, a process occurring when a deuterium and tritium atom comes together to release ENERGY! But is this energy able to be sustainably more than the input needed for fusion.

Year 13 A-level Physics took a trip down to the Culham Centre for Fusion Energy organised by Mr Jackson allowing us to explore careers and delve into an upcoming area in the physics and engineering sector.

So fusion, can it power the future? Theoretically yes, but it's very complicated. First of all, fusion occurs in all stars including our own. Fusion occurs when two nuclei combine to form a new nucleus, but this also releases a lot of energy. However, to replicate this on earth we need very high temperatures up to 150 MILLION degrees (our sun is only 27 million)! This is due to the pressure on earth being substantially lower than our sun.

To get these pressures we use a TOKAMAK structure which consists of Magnetic Fields and plasma in a sort of donut shape. Simple right? Well, Culham is home to JET, a TOKAMAK design that was created in the early 1980's and has lasted almost 5 times its predicted life span! JET has broken many records world records including a max fusion power of 16.1 MW. With more and more research going into plasma and fusion, more sustainable and larger designs of fusion stations have come about with the ITER project which is due to be completed soon to receive a net gain of energy and push forward future designs putting fusion power onto the national grid!

Throughout the day we had a tour of all of the facilities, which did include the canteen for Mr Jackson's highly anticipated fish and chips but most importantly involved us seeing the **World's Second Biggest Door** which happened to be opened revealing JET. Fusion isn't the only thing studied at Culham though, with great temperatures come great materials. Which led us onto the Materials Research Facility (MRF) and how they develop materials for high temperatures and the nuclear industry in Hot cells and studied using Atom Force Microscopes, X-ray Diffractometers and Electron Microscopes. But if we were testing with radioactive materials, how do we not get exposed?

This is where Remote Applications in Challenging Environments come in, also known as RACE. RACE develops remotely operated and autonomous machines to inspect, maintain and upgrade the facilities and machines without the exposure of humans, this is vital in the industry. Hey, you may even run into a Boston Dynamics Robo-dog!

Overall, it was a great day out and a big eye opener to the field and the careers available to us via apprenticeship or work. A huge thank you to Mr Jackson who organised the trip!



**WE ARE PROUD TO BE
A MICROSOFT
SHOWCASE SCHOOL!**
2023-2024

**ARROW VALE
REDDITCH**

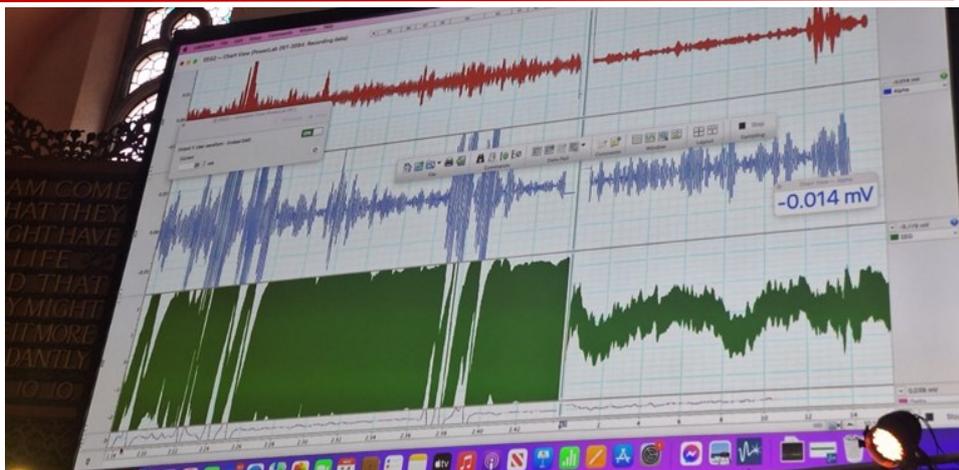
Distortion Outcomes



Year 10 : New Project 'Image Manipulations' using Grime Art editing techniques.



“Photography is more than a medium for factual communication of ideas. It is a creative art.”



KS3 Science Live London

In the heart of bustling London, eager minds and curious souls converged for an enlightening experience at KS3 Science Live. Among the distinguished speakers gracing the stage were none other than Professor Lord Robert Winston and Dr. Hannah Critchlow, each offering captivating insights into the mysteries of fertility, brain function, and consciousness. Due to the prime seating, our very own Carter got to be part of one of Dr. Critchlow's experiments. We observed his brain waves and how they change during certain activities and how they hope to use this information to understand consciousness.

Carter W (Year 10)

GCSE Science Live Symphony Hall

At the recent GCSE Science Live event held in Birmingham, 14 of our Year 10s were treated to a medley of Scientific talks from several prolific Scientists. One highlight was a captivating presentation by Dr. Anna Ploszajski, a material scientist. She highlighted the role of her scientific knowledge in overcoming the challenges she faced when swimming the English Channel.

One fascinating revelation was her choice of mini rolls as the ideal sustenance during her Channel swim. She explained that the snack's lightness, high caloric content, and buoyant nature made it the perfect fuel for her demanding endeavour. She also did a demo to show the type of sugar that burns the best using a funnel with a tube and a blow torch! (Jess J and Archie H)



In another thought-provoking session at GCSE Science Live in Birmingham, Professor Jim Al-Khalili captivated audiences with a fascinating exploration of the concept of time travel. One of the most captivating aspects of Professor Al-Khalili's discussion was his exploration of the infamous "grandfather paradox." This is where if you go to the past and alter it too much you might affect your own existence. His answer was the only way would be to alter it in another dimension like...an actual multiverse!

The students were amazing at both events and also a special thank you to Mr. Marples and his team, we apologise for the singing!

Kris B., Tilly G., and Archie G. (Year 10)

Stem Club Spring Term

The STEM Club have been busy solving crimes with Year 7 and 8 students on secondment from Ipsley. Throughout this term our stem ambassadors have been teaching them all about anatomy, the chemistry of metals and gases, taking fingerprints and how all of these can be used forensically. The 8-part drama concluded with them trying to work out who killed Fred, why and what Science can help prosecute the suspect!

We had a dastardly line up of six teachers who could have done the deed but our Ipsley detectives were not fooled and worked out it was Mrs. Kendall with the help of Mr. Jackson!

We would like to thank all of the staff that have been involved over the last 9 weeks, your acting has been on point. Anyone that wishes to be involved in the STEM club in any capacity please come say 'Hi' to any of us.

Isla R, Tia C, Adam D, Avaneesh D, Maria E, Lemuel K, Thalia K, Matthew M, Emily T



We have had another great term in the Science department, and we wish you all a very happy Easter break whereby afterwards we hit the ground running with the National thinking Challenge, Ogden Poster Competition, Bio Olympiad amongst other events!

The Science Team

Reading is an important element to our every day lives and has a huge impact too.

Various studies, have shown that those who read for pleasure have higher levels of self-esteem and a greater ability to cope with difficult situations. Reading is also associated with our mental health, giving better sleeping patterns and helping us to feel less lonely.

Reading also increases our emotional intelligence as we understand a range of perspectives and motivations, improving our social skills. It offers an escape into other realities and worlds, helping with stress and relaxation.

So pick up a book and read now! No excuses! A whole world of books are out there, for you to discover, on any subject you are interested in, from sport, to a murder mystery, or a romance or even biographies on your favourite music or film stars. The more you read the better and more confident you will become at it.

Find books a bit daunting then start with a magazine or comic instead. Read just a chapter at a time or set a timer. Read anything and everything!

Struggle to read due to dyslexia? Well, that isn't an excuse either as there are friendly dyslexia books available too. Here at Arrow Vale we have a stock in the LRC - go and check them out!

Want to add a bit of fun to your reading? In each edition of Arrow News you will find a Reading Challenge - try out the one on the next page.

Have fun and enjoy reading, never become bored!

Why is reading so Important!



Lowers stress



Helps you relax



Deepens empathy



Boosts your mood



Stimulates your brain



Expands your knowledge



Increases your vocabulary



Enhances your imagination



Strengthens your writing skills



Improves memory and focus



DID YOU KNOW?

Reading for as little as **6 minutes** can reduce stress by 60%, slow heart beat, ease muscle tension and alter your state of mind



ABC Book Challenge

Find books that start with a letter of the Alphabet, i.e. L = Lord of the Rings. See if you can work your way through all 26 letters of the alphabet!

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
Y	Z		



Book Recommendations!



The above books are popular reads with teenagers. Why not try them out for yourself.

If you read and liked any of them or any other books then why not do a book review - see page 46 for template.

Book Puzzles and Quizzes

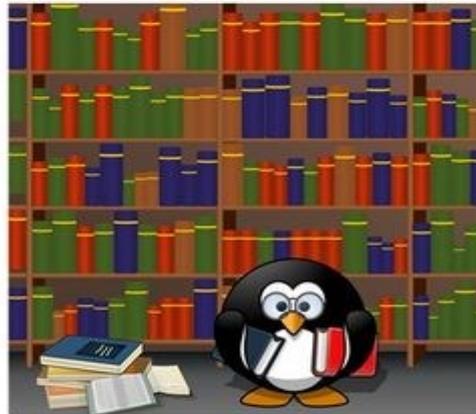


AUTHOR
BOOKS
BORROW
CARD
CATALOG
CIRCULATION
COMPUTER
DESK
FICTION
FINES
KEYWORD
LEARN
LIBRARIAN
LOAN
NEWSPAPER
NOVEL
QUIET
READ
REFERENCE
RENEW
RESEARCH
SECTIONS
STORIES
STUDY

AT THE LIBRARY WORD SEARCH PUZZLE

C	S	E	C	T	I	O	N	S	T	L	R
I	R	S	R	E	F	E	R	E	N	C	E
R	R	O	H	T	U	A	I	E	N	A	T
C	E	G	L	C	D	U	W	S	V	T	U
U	I	S	F	A	Q	S	Y	T	D	A	P
L	H	N	E	I	P	L	D	O	R	L	M
A	C	R	B	A	N	A	U	R	O	O	O
T	D	A	P	O	R	E	T	I	W	G	C
I	C	E	R	L	O	C	S	E	Y	C	W
O	R	L	S	D	O	K	H	S	E	N	O
N	L	E	O	K	U	A	S	H	K	R	R
U	A	V	P	H	R	E	N	E	W	E	R
D	N	O	I	T	C	I	F	D	C	P	O
I	G	N	A	I	R	A	R	B	I	L	B

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



Can you Guess the names of Famous Books?

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Can you work out and answer these 10 'book' related riddles?

1	What did one Math Book say to the other math book?	6	Why did everyone like to go out to eat with the librarian?
2	Where do bedtime books sleep?	7	What are the smartest Creatures?
3	What English word has three consecutive double letters?	8	What's the longest word in the dictionary?
4	What building has the most stories?	9	What do you get when you cross a book with a lightning bolt?
5	My life is often a volume of grief, your help is needed to turn a new leaf. Stiff is my spine and my body is pale but I'm always ready to tell a tale. What am I?	10	I have 10 books and I label them with their number. I take seven out to read. How Many books are left?

Answers to the Emoji and riddle quizzes can be found on page 50

Safeguarding At Arrow Vale

Dear Parents/Carers

Please find below information on the Cost-of-Living support available to you.

If you are struggling with the cost-of-living crisis, Redditch Borough Council has a handy webpage that provides links to support and advice that is available. This advice is from a wide range of agencies. Even if you don't claim any benefits, you may be entitled to support you weren't aware of, and not just monetary support, but good advice from legitimate sources you can trust. Have a look and please share the links with anyone else who you know, who may be struggling financially.

www.redditchbc.gov.uk/costofliving

Arrow Vale supports the initiative Operation Encompass, which is a process whereby the police and county council will inform a member of the safeguarding team at school, if a child or young person has experienced any domestic incident. This will be done prior to the start of the next school day. Information sharing between professional agencies allows school staff to provide emotional and practical support to their students experiencing domestic abuse.



At Arrow Vale we have conducted assemblies with the year groups on the following safeguarding issues:

- Diversity: raising the awareness we are all different.
- Year 9 had an introduction to Safeguarding at Arrow Vale.
- Lockdown Procedures Drill
- Student Voice feedback
- Domestic Abuse and the impact this has on children & operation encompass.

There are further assemblies planned for the remainder of the year, which will cover many issues, which are relevant in both a local and national context.

Staff have also undergone training in safeguarding and have completed the annual safeguarding refresher training in September, completing Safeguarding Young People Level 2, Keeping Children Safe in Education Part 1 and Annex B Questionnaires along with briefings on our most disadvantaged students, how we manage visitors to our school, our family support offer, briefing on The use of reasonable force, Sexual Harassment & Sexual Violence (Child-on-Child Abuse),

Staying safe in the community is imperative to all our students, and we urge you as parents to remind your children on the dangers of trespassing on railway lines and going into cold water especially at this time of year where the below surface temperature will be dangerous to anyone entering such waters. We remind parents and students that people should only swim in a swimming pool where there is a lifeguard on duty to help you or your child should you get into difficulty.



As a school we continue to work closely with external agencies to support the wellbeing of all our students, so below are a few numbers for families and students to contact if they need any support or help over the holidays.



Call NSPCC On 0806 800 5000
or email help@nspcc.org.uk



Free, safe and anonymous
online support for young people



Police **101** for non-emergency
reporting of a crime

Police **999** for emergency report-
ing of a crime

[Arrow Vale - Family Support \(devwebsite.co.uk\)](http://devwebsite.co.uk)



Designated Safeguarding Staff

	Designated Governor for Safeguarding Children: Mr Chris Elston, Governor		Designated Safeguarding Lead Mr S Crane, Vice Principal
	Senior Designated Deputy Safeguarding Lead Mrs D Downes, Senior Safeguarding Lead		Single Point of Contact for Extremism and Radicalisation and Designated Deputy Safeguarding Lead Mrs F Stanley Assistant Principal
	Designated Deputy Safeguarding Lead Mr N Linington, Assistant Principal		Designated Deputy Safeguarding lead Ms H Barnes, Wellbeing Lead
	Designated Deputy Safeguarding Lead Mrs N Ierston, Head of Year		Designated Deputy Safeguarding Lead Mrs S Curtis, Intervention & Emotional Wellbeing Co-ordinator
		Designated Deputy Safeguarding Lead Miss D Davies, Educational Welfare Officer	

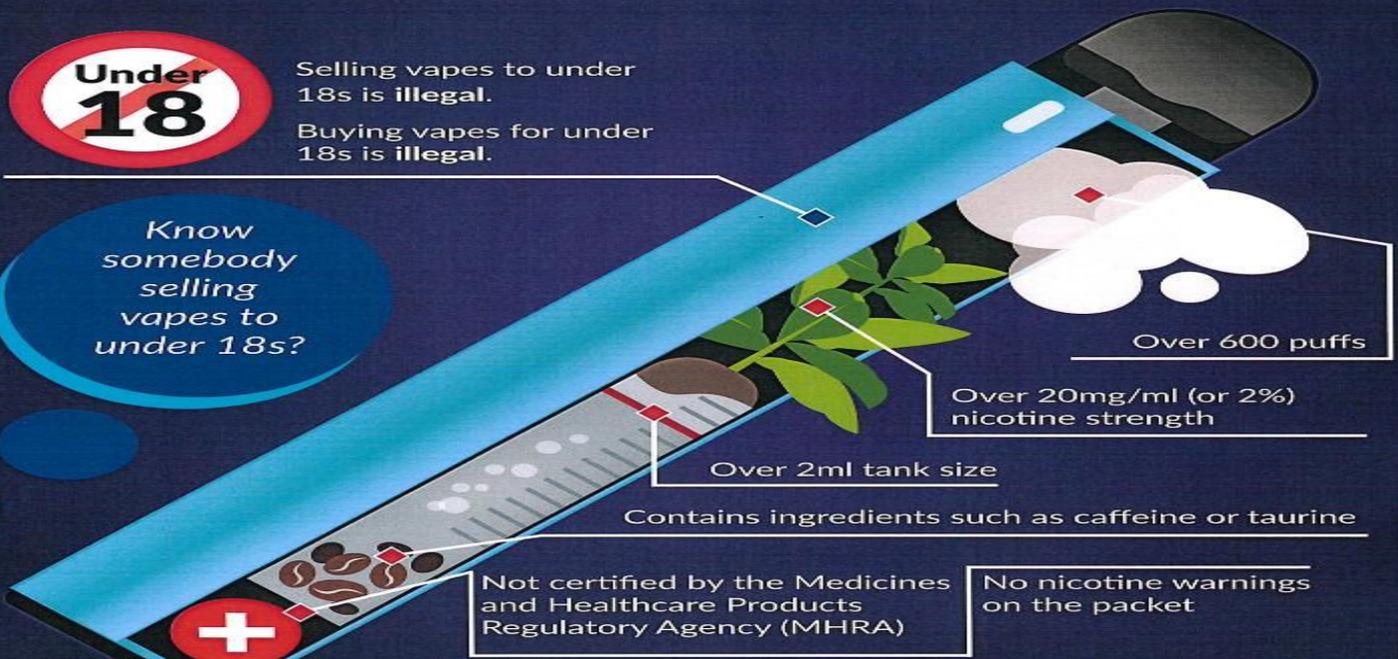
  **Meet the Safeguarding Team**   

Vaping & the Law



Selling vapes to under 18s is illegal.
Buying vapes for under 18s is illegal.

Know somebody selling vapes to under 18s?



How to spot an Illegal Vape?



Call: 0808 223 1133 Citizens Advice Consumer helpline
Online: www.worcestershire.gov.uk/tip-us
Email: TSEnquiries@WorcestershireTS.gov.uk
Trading Standards Service

GET CAUGHT CARRYING A KNIFE AND YOU FACE...

- ✓ Arrest
- ✓ Prosecution
- ✓ A criminal record
- ✓ Ruined job prospects
- ✓ Not being able to go to university
- ✓ Not being able to travel to America
- ✓ Four years in prison

MAKE THE RIGHT CHOICE.

Notices



Dates for your Diary Summer Term 2024

Return to School	Monday 8th April
Year 11 Parents Evening	Tuesday 9th April
Bank Holiday	Monday 6th May - School closed
Awards Evening	Thursday 16th May
Summer Half Term	Monday 27th - Friday 31st May
School re-opens	Monday 3rd June
Year 10 & Year 12 Work Experience Week	Monday 24th - Friday 28th June
Year 13 Prom	Thursday 27th June
Year 11 Prom	Wednesday 3rd July
Intake Evening for New Year 8/9 Students	Tuesday 9th July
Transitions days - where Year 8 students visits the school for two days	Wednesday 10th and Thursday 11th July
Sports Fest	Thursday 18th July
Break up for Summer Holidays	Friday 19th July

Homework club is a staffed space where pupils can receive support for their homework afterschool.

HOMEWORK CLUB
Monday - Thursday 3 - 3:45
Friday 3 - 3:30

Come and join us in the LRC
All years welcome

We have a range of resources, including laptops, for pupils to use.

Reminder!

⇒ **NO HOODIES, BASEBALL CAPS OR ANY OTHER HEADWEAR (except for religious purposes) to be worn in school.**

⇒ **COATS NOT to be WORN INSIDE the school building, including LDR and OC.**

⇒ **NO TRAINERS to be worn in school.**

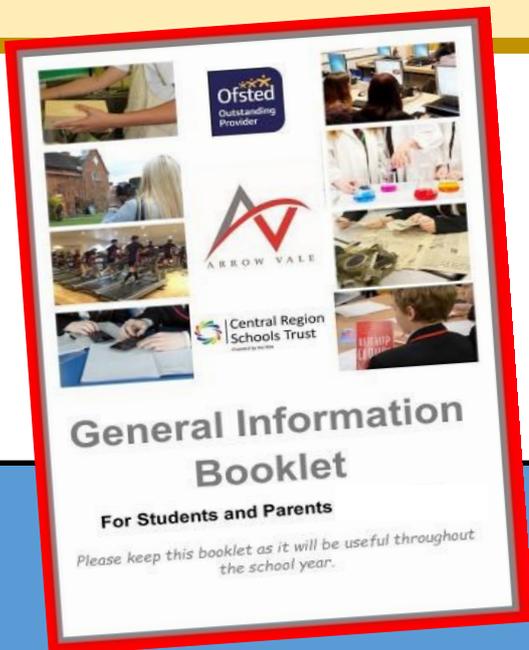
⇒ **MAKEUP needs to remain discreet NO FAKE NAILS OR EYE LASHES.**

⇒ **PHONES on the way in and out of school are NOT TO BE SEEN.**

⇒ Leave all classrooms, meeting **UNIFORM EXPECTATIONS**

⇒ **FOOD ONLY to be EATEN in LDR and OC – NO energy / Fizzy drinks to be seen.**

See the General Information Booklet on the website for the full list of rules.



The General Information Booklet, a copy of which can be found on our school website and is updated each year, provides school information for parents/carers i.e. school day, uniform, rewards, house systems, medical procedures, school rules etc.

Answers to the Emoji and riddle quizzes on page 47

1	What did one Math Book say to the other math book? Do you want to hear my problems?	6	Why did everyone like to go out to eat with the librarian? She could always book a reservation
2	Where do bedtime books sleep? Under their covers	7	What are the smartest Creatures? Bookworms
3	What English word has three consecutive double letters? Bookkeeper	8	What's the longest word in the dictionary? Smiles - because there is a mile between each 's'
4	What building has the most stories? A library	9	What do you get when you cross a book with a lightning bolt? A shockingly good read
5	My life is often a volume of grief, your help is needed to turn a new leaf. Stiff is my spine and my body is pale but I'm always ready to tell a tale. What am I? A book	10	I have 10 books and I label them with their number. I take seven out to read. How many books are left? 9! You have taken the book with the label seven

1		Pride and Prejudice
2		Game of Thrones
3		The Lion, Witch and Wardrobe
4		Twilight
5		Charlie and the Chocolate Factory
6		Lord of the Rings
7		Alice in Wonderland
8		Treasure island
9		Christmas Carol
10		Where's Wally?

Student News

Follow us on

Instagram, Twitter & Don't forget our Website

If your son or daughter has experienced any success out of school, we'd love to hear about it! If you would like to share the news with us so that we might celebrate it via the school website, Twitter, Instagram, YouTube or other publications, please email your 'articles' to (office@arrowvaleacademy.co.uk), photographs are also very welcome.



Are you on Instagram?
Follow us at
ArrowValeAcademy.



Are you on Twitter?
Follow us at
@ArrowValeSchool



For all news and other information visit our website on

[https://
www.arrowvaleacademy.co.uk/](https://www.arrowvaleacademy.co.uk/)

We love to celebrate our school news, join the Arrow Vale family on social media!

