

NEWSLETTER

December 2006

Foreword by Mike Reading, Headteacher

There are times when you realise that it's all too easy to live one's life with blinkers shielding the eyes. Too many times we have our wider perceptions limited by the pressures around us; the short term need to exceed targets, the pressures in our society that seems to demand 'more' right now, the raft of initiatives (not restricted to education) that succeeds in taking away elements of professional initiative! Then, an opportunity comes along. I had such a moment this term. As a Sports College, we have access to exciting chances by invitation, one of which was the request for the school to participate in a programme called Dreams and Teams. The aims of the programme are to develop the leadership of students through linking to another school abroad, be active citizens in their community and value and promote cross-cultural understanding. We were invited to join the programme this year; one of only two schools in the county. The headteacher of Lycee Ahmadou Ndock Seck in Thiès, Dakar in Senegal and another teacher spent time with us at Carre's before a return visit is made before Easter 2007. Students

will have the chance to participate in working together with peers from Senegal to understand each other and their respective needs, improve their international perspective and, in 2008, we hope to start an exchange programme on a small scale. In Senegal, education is not understood as a right, but as an opportunity of achieving lasting change in a personal, family and community context. I have come to appreciate that in Senegal, success is not measured only by one person's progress, but through the gradual acceptance of the importance of learning to secure a more optimistic future for a far wider receiving group. Education is concerned with changing hearts and minds wherever it is available, whether in a modern well-equipped school, where schooling is the norm, or in an area where education is the main change factor in moving a nation further in its development and progress. Thankfully, those moments of refocusing one's mind come and refresh our perceptions and thoughts. You will have noticed that work has started on the new All Weather Pitch at Carre's. The result will be both a market-leading provision and new

changing rooms. The project has commenced through the school's Partnership with the Football Foundation and Lincolnshire County Council. The result will be a far-improved facility for our students and the wider community. Incidentally, the surface is superior to that which would have been provided if the original Lottery funded project had been allowed to progress before funding was withdrawn. Thank you to the many parents who attended the recent information evenings for Key Stage 3 and Key Stage 4. The comments from parents have been welcomed. As ever, please feel free to contact the school with questions or concerns. My personal email remains mike.reading@carres.lincs.sch.uk. The school's website also contains important information as well as electronic copies of this and past newsletters. The website is available at www.carres.lincs.sch.uk.

May I take this opportunity to wish you all a peaceful and happy Christmas.

We look forward to welcoming your son back on Monday 8 January

Mike Reading

Inside this issue:

KS Updates	2-4
House Music Comp	4
China Trip 2006	5-6
Sixth Form Information Eve	6
Year 11 History Trip	7-8
Fundraising at Carre's	9
Sportsmark 2006	10
H & Safety in the Workshop	10
News of Carre's Old Boy	10
South Africa Rugby Tour	10
Can You Invent a New Game?	10
Outstanding Student Achievements	11-13
Festival of Languages	14
Tesco Sport for School	14
School Christmas Lunch	14
Cricket Nets	14
Messages from the office	15

Dates for Your Diary

Yr 11 Mock Exams begin	8.1.07
Yr 7 Weighing & Measuring	12.1.07
Yr 11 Mocks End	16.1.07
Tallington Ski lesson	16.1.07
AS & A2 exams begin	19.1.07

Key Stage Updates

Curriculum Information Evenings

These evenings were a first for Carre's but we hope that they will be a regular event on our calendar as we seek to make our partnership with parents more effective.

Key Stage 4 parents joined us on Thursday 23 November and were given information about how we set targets and monitor progress, how they can support their son's learning and revision more effectively and the outcomes of the first review of Behaviour for Learning (BfL).

Key Stage 3 parents joined us on Thursday 30 November and their information focused on setting target levels and monitoring progress, as well as understanding different learning styles, the Sex and Relationship Education Programme throughout KS3 and KS4 and the outcomes of the first review of Behaviour for Learning.

If there are topics or issues that parents would like to see addressed in future information evenings please let us know. We remain very appreciative of parents and your support for the school and always welcome your feedback on our systems and procedures. Many of the comments were very constructive and will enable us to further improve the education we provide.

Behaviour for Learning (BfL)

The recent curriculum information evenings provided us with predominantly positive feedback regarding this initiative. There are still a few parents who remain to be convinced of the positive impact that this initiative has had but the vast majority share our view that the work ethic has improved as a result of BfL. Some further practical suggestions emerged from these meetings and will be included in the next review in January.

The first statistical analysis showed that 52% of our students have faithfully been meeting expectations

The first statistical analysis showed that **52% of our students have faithfully been meeting expectations** and have acquired no C2s at all. We expect this percentage to increase as new habits take hold and students are more effective in managing their homework commitments.

Summary of Autumn Review (period 5 Sept – 20 Oct 2006)

1 Incidence of Behaviour v Homework Logs

Total C2 Events logged	619	
Behaviour Logs	185	29.11% of all logs
Homework Logs	434	70.11% of all logs
(This represents 5.9% of all of the scheduled homework)		

2 Incidence of C2s logged for individual students

NOR KS3 + KS4	540 Boys	
Students receiving 5+ C2s	37	6.85%
Students receiving 4 C2s	15	2.7%
Students receiving 3 C2s	36	6.66%
Students receiving 2 C2s	44	8.14%
Students receiving 1 C2	126	23.3%

The system has proved invaluable in identifying under-achievement and has enabled us to intervene very early and put in place support that has resulted in improved attainment and habits. Any student who has acquired a C3 (internal exclusion) for accumulating 3 C2s in a fortnight is automatically referred for support to the Learning Mentors. Parents are always involved at this stage so that we can be sure that we are aware of any mitigating circumstances.

Rewards Update

The next challenge is to redress the current imbalance between rewards and sanctions. Progress is being made in this area with Departments being asked to provide us with some "standard" commendation awards. We are also looking at how to reward progress via the commendation system. On 17 December the very first reward opportunity has been organised. We have booked the temporary ice-rink in Lincoln for the exclusive use of our students from 2 – 3pm. Boys who acquired the requisite number of commendations, or who had acquired an average point score of two or less in their progress grades were able to apply for one of the 100 tickets available.



Key Stage Updates - continued

Meeting the Homework Schedule

There has been some contention over students being given a C2 for not handing homework in on time, even when they have done it. We have clarified this via an email to all students, but are aware that many parents may be unsure of our policy in this area. Meeting the homework schedule is both doing the homework AND handing it in on time, to the agreed schedule. Students who fail to do so should expect a C2. If a teacher chooses to exercise professional discretion and allow a short extension, students should regard this as a bonus rather than a right. The only acceptable excuses will be those where circumstances **beyond the control of the student** have prevented him from meeting the schedule. "Forgetting" is not beyond our control. Where students are claiming circumstances beyond their control have prevented them meeting the schedule we would expect parents to provide a note to this effect. Students should also make every reasonable effort to speak to the teacher at the earliest opportunity to explain the difficulty.

Right of Appeal

If a student believes he has been dealt with unfairly, he is encouraged to make a responsible approach to his Key Stage Manager who will investigate and make the final decision regarding the C2. Likewise, if parents require further detail as to why a C2 has been logged, they too are encouraged to contact the relevant Key Stage Manager who will investigate on their behalf.

Year 11 Mock Exams

The Year 11 mock exam period will begin on **Monday 8 January** and will continue until the **17 January**. Whilst Christmas is a busy time, students need to use the two weeks holiday period effectively so that they are well prepared for the exams. The mock exams will give the students a clear indication of their progress so far and highlight strengths and areas for development. The students need to ensure that they are well prepared for the exams and so they must have the correct equipment with them (pens, pencils, rulers, calculators, etc....) and have revision materials with them when they are not sitting an exam.

Once the exams have been marked a summary of the exam results will be sent home during February. Once the students have received their mock exam results they need to be thinking very carefully about the next stage in their education and potential sixth form entry. During February and March all of the students will have a meeting with their tutors and Key Stage 4/5 Managers to help them in their decision making.

Christmas Charity Projects

Once again the students have risen to the challenge to make a difference to someone less fortunate than themselves. Year 8s have put together over 20 shoeboxes for the Operation Christmas Child appeal. Years 9s were challenged to fill shoeboxes or grocery boxes for the Homeless which will be distributed for us by the Nomad Trust in Lincoln. Year 7s have once again embarked on the "Remember a Star with a Star" project, selling memorial stars that people can then hang on our Christmas tree in memory of a loved one. Proceeds from this event go to the Gifts Hospice in Grantham.

Members of 8B are also to be congratulated on the quiz they put together for Children in Need, raising £62.50 for this charity. Well done 8B!

Yr 7 Caythorpe Court Day Camp

Year 7 students had a great day at Caythorpe Court. Many overcame their fears and successfully completed some very challenging tasks involving harnesses and heights. Even Mrs Brooks swallowed her fear and abseiled for the first time...scary but exhilarating to overcome that initial terror as you seem to step out into space. Students who overcame their fears to complete the high ropes course have my sincere admiration...I was too scared!

The following students were nominated by their teams for standing out on the day:



/continued on page 4

Key Stage Updates - continued

Daniel Adams	- Courage	Tom Barringer	- Leadership
Dominic Annas	- Courage	James Body	- Courage
Steven Maddock	- Leadership	Kane Deakin	- Encourager
Declan File	- Leadership	Sam Gilmore	- Leadership
George Menzies	- Leadership	Harry Parke	- Leadership
Bradleigh Picker	- Encourager	Joe Robinson	- Encourager
Nathan Speight	- Courage	Charles Rossington	- Courage
Oliver Sodeau	- Encourager	Andrew Smythe	- Leadership
Connor Steel	- Courage		

School Council

The hustings and subsequent elections resulted in the following students being elected to represent their respective years at school council:

Year 7	Dylan Cropper 7W	Tobie Carman 7C
Year 8	Jack Alexander 8W	Nathan Wood 8L
Year 9	Jamie Elkington 9Y	Austin Wellbelove 9Z

Finally...Christmas Greetings



As we close this update we would like to wish all of our students a Merry Christmas and may 2007 bring them all the success they are working hard to achieve, especially those who face their GCSEs next year.

Mr Wilson & Mrs Brooks

House Music Competition



The House Music Competition took place on 4 December and was judged by Mr Peter Freeman (ex Headteacher of Carre's) and Mr George Brown (peripatetic woodwind teacher)

There was a really high standard of entry this year, representing lots of hard work by all the boys who performed.

Results were as follows:

Junior:

1st Joshua Rea, 2nd Thomas Cunningham, 3rd Michael Roberts

Senior:

1st Niall Grady, 2nd Adam Dodsworth, 3rd Cory Cheung

House Competition Results:

1st Bristol
2nd Carre
3rd Lafford
4th Welby



Thomas Cunningham & Joshua Rea

China Trip 2006



We currently have twenty students studying Mandarin Chinese as an after-school activity. Four of them were offered places on the 2006 Chinese Summer School, organised through the British Council. The following is an account some of their experiences:

After 11 hours on various planes, we, the eight students and two teachers from Carre's and Robert Pattinson School in North Hykeham, finally arrived at Beijing Airport. Over the first couple of days, we visited some of the more famous sites that China has to offer: Tian'anmen Square and, even more impressive, the Great Wall. That said, the heat was terrible and the food took some getting used to - about three weeks in fact. But anyway, one of the first things we noticed were the Chinese street vendors, who often chase you down the street trying to make you buy something, which is very strange and off-putting when you are trying to enjoy the scenery. Alas, after merely two nights we had to leave our wonderful hotel with swimming pool (which we used a lot) and head off to Kunming.

Matthew Evans

The most startling view of Kunming gained from first impressions of it was how different it was to Beijing - if anything, Kunming was actually more impressive in terms of the variation and sheer size of everything we could see (although after another 3 hours of being cooped up inside a plane anywhere would look vast and impressive). It was fortunate that Kunming was such a varied and exciting place; because it was here that our party, and many others from all over Britain, were to spend the next 2½ weeks studying the Chinese language and experiencing Chinese culture through events generously organised by our hosts, Yunnan University and the British Council. Thankfully, all of the other school groups who attended the same course as us were lovely people, and helped to keep us entertained whenever there were no activities organised, especially the four students from Robert Pattinson of Lincoln who we were partnered with.

Robin McConnell

Over the course of our visit we attended 30 hours of lessons, giving us an insight into both the culture and language of China, and many extra-curricular activities including Tai Chi lessons and Chinese Calligraphy, as well as visits to areas of great beauty and cultural significance such as the stunning Stone Forest and the exciting "Dynamic Yunnan" stage show. Along with this we were also given a lot of free time to spend on our own, most of which was spent shopping in town. While always an experience, our bags ended up significantly heavier than anticipated! Fortunately for us, despite going over the weight limit in many cases, our extra baggage did not prove a problem at the Airport on our return trip.

Martyn Jasinski

Well, there doesn't really seem to be much left to cover in this paragraph; all of the visits and lessons have been covered and all I can really comment on is the efficiency of China's Ambulance and Medical service, so a brief overview it is! The visit provided all concerned with new language and social skills. We were all able to experience a new culture, which many people may never get the opportunity to experience. All ignorant views and stereotypes of China and its people were blown away by the experience. The people were all polite and helpful even in the shops, even if they were trying to rip us off at every given opportunity! One of the most beneficial aspects of the trip was the meeting of the Chinese partners and their families. Seeing how they live and go about their daily business was an enjoyable and educational experience. Another great help to us was the ~~volunteers who were always~~ ready to assist us and make our lives easier and sort out any messes we got ourselves into. Goodbyes were hard and there were tears all round as many new friends were forced to separate, but through the magic of the twenty-first century and email we shall neither forget nor lose touch with the other schools or our partners. All I can really say now is that this was a once in a lifetime experience and I don't regret being involved for a second.

Edward Reeves

All I can really say no is that this was a once in a lifetime experience and I don't regret being involved for a second

(Photos on page 6)

China Trip - continued

Photos from the China Trip - 2006

Sixth Form Information Evening for Year 11 Parents

Thank you to all parents and students who attended the Sixth Form Information evening given by Mr Kay (Director of Sleaford Joint Sixth Form) and Mrs Hickmore (Yr 12 & 13 Cross Curriculum Manager). Mrs Hickmore has arranged for a copy of her presentation "How to select appropriate Sixth Form Subjects" to be on the Carre's website www.carres.lincs.sch.uk. This will be available from the start of the new term.

To access the information, click on publications on the Carre's homepage and select the Sixth Form folder. There is also a copy of the current Sleaford Joint Sixth form prospectus, with full details of all courses available in the Sixth Form folder. Mr Kay will be updating this for the New Year.

Yr 11 History Trip to the Galleries of Justice - Ben Green 11X

I think we had all been looking forward to it for some time. We had learned about the various grizzly going-ons in terms of Crime and Punishment within the confines of the classroom and now wanted to go to a place where these grizzly things actually once happened. You've probably come to appreciate that History isn't always that pleasant at times, but in reality it's much worse. On our trip we would be going to a place where just over a few hundred years previously, if you were going there as a prison, you'd most probably regard it as hell on earth, so that's probably why we wanted to go so much!

We packed onto the coaches and set off a little past 9 o'clock. Being the first class coaches that they were, the moss growing on the windowsills only enhanced the experience! After cruising down the A17 out of Sleaford, catching a fleeting glimpse of the world-famous bubble car museum and then, further on, the outskirts of Newark, we soon reached our destination of Nottingham.

Our first activity was to be a mock-trial in the former courtroom. I myself was the leading Defence Lawyer for Daniel Diggle, a common man who was facing the charges of attempted murder and for machine-smashing. (Daniel was a Luddite, part of a national movement, dedicated to smashing the machines that were supposedly stealing their employment chances in the mills and factories of the early 19th Century). Costumes were supplied and I could tell that some people, who had to dress in bonnets, pretending to be women, really enjoyed this aspect of the mock-trial!

The trial was then started and with that the Prosecution and Defence quizzed all of the witnesses in turn. The trial did lose some authenticity when one of the witnesses said he thought that Mr Diggle deserved an ASBO at the very least! Generally though, with the very realistic judge, Mr Garnett, it felt almost as real as anything I'd seen before on trials on TV. There was one problem though, as there was only a single wig and two gowns to be shared between both teams of barristers, so when someone returned after delivering their questions, there was a frantic battle to nab their wig and gown before you yourself had to go up and ask your questions. The trial progressed and then the jury had to come down to a decision. On their way out to deliberate, they had to pass us lawyers and at least one aspect of the courts of that time was accurately re-enacted: corruption! A certain member of the prosecution was flashing around fivers to try and sway the jury's decision. I myself offered some non-existent Mars Bars, as inspired by Mr Haines, but only as a joke. When the jury returned, they found him not guilty on both charges, which was thought-provoking because the real Daniel Diggle was subsequently hanged after his trial on the steps we had climbed ourselves leading to the entrance of the court.



After a bit of lunch, we then began to explore the old prison cells, which gave us all perhaps a cold shiver as we entered to have a look, because of the silent echoes of the past and the things that had happened there in the past. We then each received a ticket which had a code on it. This represented a criminal who had served at varying points in the past. I thought that this was an excellent idea, since learning about someone's personal story is much more fulfilling and means more to you than examples of anonymous collective struggles and sufferings. On our way through, there was a sort of evolution and some varying examples of what the conditions were like and how they generally improved over the decades, albeit very slowly.

Throughout our way around there were people who were dressed in the clothes of the time and pretending to be actual people of the time, which further added to the experience. With our first and best of these people, the 18th century turnkey (or gaoler), we learned the ingenious methods and actions that the prisoners used to cleanse themselves after going to the toilet. Let me just say it involved a kind of "hand-printing" on the walls of the jail cell!

The cells were actually carved deep within the sandstone that the Galleries of Justice laid on and an icy December breeze billowing through the cell bars, only made the whole experience more powerful, as you could readily imagine what it really would have been like to have been a serving prisoner well over a century ago. For a single moment, the knowledge that I would never have to experience these conditions as an everyday factor of life and that I would never have to live in such appalling conditions, completely escaped me and I, for just that split second, felt that I was standing truly as a prisoner and not just a fleeting observer in terms of the time-scale in which the whole building had stood.

We moved on into the Women's section, which was slightly better than the men's and further on still into the men's exercise yard, which consisted of what was essentially a large patio with arrows painted on it. The arrows were there for the prisoners to follow as they walked around with bags on their heads. This was their exercise. Whilst at the exercise yard, we briefly looked at the case study of another former prisoner, John Fenton (apparently not a direct ancestor of a certain History teacher, but perhaps more of a loose link). John Fenton, after a ten hour trial in which he pleaded not guilty against the charge of murder that was put to him, was later found guilty and John was sentenced to death by hanging, one of the last public hangings in Nottingham (definitely no relation !!!!MF)

/continued on page 8

Yr 11 History Trip to the Galleries of Justice - cont

After this, we looked at the punishment of transportation to Australia, which was used for a time. We each followed the true stories of two people and whether or not they eventually turned their lives around in Australia and became successful. It certainly wasn't always a success story for the prisoners who were sent there to do hard labour and the like, the ships would take years to reach there (to think that we think a ten hour flight is bad, compared to often three years or more at sea), diseases were rampant and once you got there, you had to earn money to get back home after your sentence, or you would never see the people you left behind in Britain ever again. Eventually though, the punishment of transportation ceased when it effectively became a reward, as life, particularly after gold was discovered in Australia, became very prosperous for the prisoners sent there.

We then examined what tasks some of the prisoners had to undertake to aid in their "correction". One thing was the crank in which a prisoner had to turn a lever 10,000 times a day. This wouldn't achieve anything since it was connected to an empty box. Because of the futility of this, the prisoner would then supposedly be spurred on to think about what he had done and mend his ways.

Lastly, we covered the process of hanging, based on the Derek Bentley case, which is much more complex a procedure than I had ever thought. There is even a mathematical formula to determine the length of the rope for which to hang someone correctly, based on their weight. If it was too short, the victim would die slowly of suffocation, or if too long, the head would be ripped clean off when he "trap doors" from under the prisoner were opened. It was very grim, but a very precise procedure, maybe even an art to get it done perfectly right.

On our way out, we were asked to consider whether we thought that capital punishment should be brought back and some statistics helps us to make the decision. These statistics included that nowadays the cost of maintaining a prisoner per annum is £38,000 and that with the same amount of capital to build one new prison, you could build two new hospitals, or 60 new primary schools. A tremendous amount could be saved and put to good use if this punishment did make a return. Needless to say, the majority then voted in favour for its return, notwithstanding the fear that miscarriages of justice have occurred in the past.

It was a valuable and memorable experience, which I think we all enjoyed in different ways.

Above Mr Garnett as Judge and below Liam White entering the prison

Above Mark Robertson as Daniel Diggle and below cross examination

Fund Raising at Carre's

Crazy Tie Day



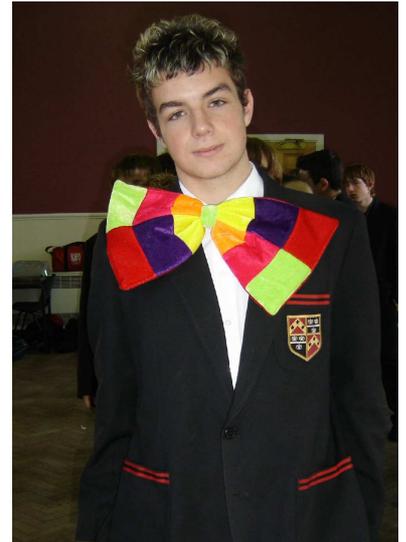
The Prefect team would like to thank everyone who took part in Crazy Tie Day for Children in Need.

Fundraising at Carre's is an important event, as it is our community helping a much wider community to deal with a wide range of issues. With so many students and staff donating, we were able to raise over £400, which was excellent. Special thanks must be given to the ladies in the office for all

their help, the Bursar's office, Mrs Watson and Mrs Smith for their help in generating alternative ideas, helping to organise the event and helping to count the money.

We are always looking for creative and effective ways to raise money for charity events. Anyone with serious suggestions can discuss their ideas with any of the Prefects. Once again, thank you to everyone who participated in making the day such a success.

Matthew Hesketh



Liam Hassam

8B Children in Need Quiz

Thank you to everyone who took part in the quiz competition. Tom Hodge and his helpers raised £62.50 for the Children in Need Appeal.

The winners were:

First Prize Jonathan Baker (L6)

Second Prize Mr Harding (staff)
Jordan Flett (Year 7)

Third Prize Jack Allbrook (Year 7)

All have now been presented with their prizes and thanks again to all who took part.

Ms Cain and 8B



Carre's Students and their Crazy Ties!

Poppy Appeal



Once again the school participated in the annual Poppy Appeal and this year raised £159.92. Thanks to all the Prefects who sold the poppies for this worthwhile cause.

Sportsmark 2006

Carre's Grammar School have recently been awarded the Sportsmark 2006. This is awarded for exceptional delivery of the National School Sport Strategy. The school was automatically assessed for the award via the annual school sport survey. The award lasts for 12 months and the school is entitled to use the award logo during this time.



Health and Safety in the Workshop

It is now compulsory for all students to wear a protective apron when undertaking practical work in the Technology workshop and we would appreciate parents' approval of this. The aprons will be provided by the Technology Department and there is no need for parents to purchase an apron for their son. Also, due to students' demand, the Technology Workshops will be open at lunchtimes for all year groups, unless stated "closed" on the door.

News of Carre's "Old Boy"

Sam Heslop (1995 - 2002) graduated with a 2:1 degree and stayed at UCL to do a MSc in 'Geographies of Globalisation' - looking at the theories of globalisation and its effects on the world economy. For the last two months Sam has been working for a consultancy firm in London called CIL, specialising in mergers and acquisitions. Sam says that he is definitely making the most of what he learned in GCSE and A Level Business and Economics! He is hoping at some point in the near future to move to Boston (USA, not Lincolnshire), where his company has an office (and he has a girlfriend). Sam said that consultancy contracts in Lincolnshire seem to be few and far between, but that next time he is up on a weekday he will call at Carre's and the High School to say "hello".

South Africa Rugby Tour - 2009

Mr James Offer in the PE Department is currently arranging a rugby tour for 2009. The tour is open to students currently in Years 8 and 9 and will take in Cape Town and Durban, playing four fixtures and going 'on safari'. Many fun activities are in the pipeline for the purposes of fundraising and will be made aware to you closer to the time. If there is anyone interested in the tour who has not already booked a place, please advise Mr Offer.



Can you invent a new game?

Mr Offer would like to invite students in all years to invent a game/sport that incorporates other games and sports and can be individual to the school. You can use any of the buildings in the school. Ideas need to be given in writing to Mr Offer in the new year. All aspects of the game need to be included - rules, timings, kit to be worn, amount of players etc. Mr Offer would appreciate diagrams and a 'rule book'. Be as imaginative as possible, but you also need to be practical. You must include safety aspects/requirements.

Outstanding Student Achievements

Liam Earth - L65, has recently undertaken a sponsored 24 hour Tae Kwon Do event. This took place from 7 pm on Friday 8 December to 7 pm on Saturday 9 December at Queens School, Wisbech. The event was to raise money for Macmillan Cancer Support and an attempt at the world record (Guinness Book of Records). Liam, his sister Lauren and dad completed the full 24 hours. The total amount raised to date by the event is a staggering £24,618. Well done to Liam and his family for this fantastic achievement.



Bradley Russell-Webster - 9X has been accepted into the Nottinghamshire U14s rugby squad and his first match was on Wednesday 8 November at Ilkeston.



Congratulations Bradley on this honour.

Luke Thatcher - 10Y has recently passed his Grade 4 cello exam with a distinction. Well done Luke.



“What Has Science and Technology Done For Me?”

Students from Carre’s, Cotelands School, Sir William Robertson High School and Lafford High School recently attended the annual Isaac Newton Lecture at Whittle Hall, RAF College, Cranwell. The guest speaker was Adam Hart-Davis who spoke on “What Has Science and Technology Done for Me?” The aim of the lecture was to encourage Lincolnshire school children to develop an interest in engineering. After his talk Mr Hart-Davis posed for photographs and signed autographs for many of the 500 students who attended the event. Mr Hart-Davis is best known for the BBC 2 series “Local Heroes” as well “What the Stuarts Did for Us”, “What the Tudors Did For Us”, “What the Victorians Did For Us” and “What the Romans Did For Us”.

Pictured below is Adam Hart-Davis with David Sutherland, John Deptford, Robert Jones, James Richardson, Robin Evans, Richard Smith and Claire Maidment.

Outstanding Student Achievements - continued

Interview with Freddie Tatham - by Josh Bryan



- 1 What sport do you play?** *Rugby.*
- 2 Which club for?** *Newark RFC, Nottinghamshire County and Scottish Exiles (my Mum was born in Fort William, Scotland).*
- 3 How long have you been playing for?** *I started playing seriously when I was about 7 years old, so almost 10 years.*
- 4 How did you get into the sport?** *I don't know really, I suppose that going to watch my brother play for Newark with my dad got me interested at first and so I decided to start playing.*
- 5 How often do you train?** *Five days a week (not Friday and Saturday) for two hours on average: Monday for the county, Tuesday for Scotland (in Edinburgh), Wednesday for Rotherham Academy, Thursday and Sunday for Newark.*
- 6 What aspect of fitness is most important to focus when training?** *Set pieces are the most worked on routines in general. Usually we focus on cardiovascular endurance (fartlek training), explosive strength scrummaging and line-outs) and agility (practising changing direction at speed).*
- 7 What is your greatest achievement?** *Being called up in May 2004 for Scotland, after being suggested to go along to trials by my coach at Newark, was a great achievement for me. Prior to that, it was a great honour to captain the first XV at U17 level for Newark.*
- 8 How many trophies/titles have you won?** *Player of the Season 2002/03 at Newark is probably the best award I have won as an individual. As a team, we (Newark) have won the NLD Cup two years running and are the current holders. Last season also, we got hold of the MKC Trophy (in Milton Keynes) in a one-day tournament involving teams from around the country. The problem is that there haven't been a lot of opportunities to win trophies or even enter competitions in the younger age groups, but this season is the first season that we've been a part of the Three Counties Cup (league).*
- 9 What has been the lowest point of your career?** *Dislocating my shoulder in the semi-final of the NLD Cup (against Nottingham) meant that I missed the final, versus our biggest rivals, Paviors, and wasn't a part of our winning team. This was especially disappointing, as I'd played every game of the cup run up until that point.*
- 10 What is your advice to other youngsters interested in undertaking the sport?** *Get down, get involved and sign up for your local team. Even if you're not the best player in the world at first, you'll improve and with it will come enjoyment.*
- 11 Do you have a motto?** *It at first you don't succeed, try and try again.*
- 12 Is turning professional and making a career out of the sport your ultimate goal?** *It would be nice, yes. There's a long way to go yet of course, but with the Scottish and County seasons starting in November, I'm hoping to make a big impression and really get noticed. The next stage up is being able to cut it at Midlands level, and in due course feature for the full Scottish squad.*
- 13 What are your future plans in the short-term?** *At the moment, I'm progressing fitness-wise and becoming mentally prepared for the new season that lies ahead. This season is going to be an especially intense one, as Newark U17s are entering the National Cup for the first time (which we are realistically looking at trying to win) and, of course, it's not going to be easy to retain the NLD Cup because everyone is going to be wanting to have a proper go at trying to beat us and get a scalp!*
- 14 In the long term, how realistic do the 2012 Olympics in London sound?** *Although rugby isn't an Olympic sport at the moment, hopefully it will be by 2012 when London hosts the games. In which case, representing Scotland should not seem unrealistic. Rugby 7s is currently the closest thing to what I want at the Olympics, but unfortunately, my position rarely features and so it is highly unlikely that I would play this at Olympic level.*

(*NLD Cup - Teams from Nottinghamshire, Leicestershire and Derbyshire compete)

Outstanding Student Achievements - continued



Interview with Matthew Thornton - by Josh Bryan

- 1 What Sport do you play?** *Squash*
- 2 Which club do you play for?** *Sleaford Station Under 17s as my basis team, but every month I play for Lincolnshire County. Also, recently I've been playing and training at Lindum and Grantham clubs with semi-professionals and my area coach Martin and coach at Lindum Fran.*
- 3 How long have you been playing for?** *Roughly three years, I started going to the club in 2003 with my mum and then got noticed last year by Lincolnshire County in the "Lincolnshire County Open", staged at Boston.*
- 4 How did you get into the sport?** *My mum used to play in the various RAF teams with other colleagues for 20 years up until about 5 years ago. I got interested firstly when I used to occasionally go and watch her play at RAF Cranwell. Then I decided to commit to it as a full-time sport (consequently dropping tennis and badminton) and take it up at the local squash club.*
- 5 How often do you train?** *On average, about 9 to 10 times every week for an hour, on my own or with people at the Station Club. Every fortnight, I train with my coach at Sleaford or Grantham. Outside of the sport, I make an effort to go to the local gym to work-out and swim in the local pool - especially emphasised as preparation in the run-up to major tournaments. I try to emphasise this with long sessions on a training bike as feel this maximises my fitness levels at the crucial times before the tournament.*
- 6 What aspect of fitness is most important to focus when training?** *I focus mostly on cardiovascular endurance and muscular endurance. This is achieved through "ghosting" (shadow blocks and shuttle runs on court) and repetitions on weights in the gym for leg strength and core stability essentially, but there is obviously some work on upper body also. Squash also contains a lot of explosive movement from the front and back of the court, back to the 'T', I can effectively work on this by using plyometrics. I am starting to realise the more work you put in, the more benefits and rewards you will get out.*
- 7 What is your greatest achievement?** *In October this year, I took part in the European Open, in the Under 17 Boys' Singles event, held at nearby Nottingham and was pleased to finish 19th overall (after being knocked out by a Spanish player).*
- 8 How many trophies/titles have you won?** *Individually, I have won the Nottingham Junior Open Plate (July 2006), finished as runner-up in the Manchester Open (September 2006) and came third in the Horncastle Open earlier in the year. Club-wise, I have won all the junior events since 2003 and last year, my partner Mark and I won the doubles' plate within the club and are the current holders - hoping to successfully defend the plate this summer.*
- 9 What has been the lowest point of your career?** *Dropping 10 places in the England Squash Rankings to 84th last month, due to lack of match practice and tournament experience. I hope to combat this by getting in to the top 50 nationally next year.*
- 10 What is your advice to other youngsters interested in undertaking the sport?** *It takes a lot of perseverance at the beginning to get to where you want to be, and there will be much frustration, but eventually, you will get better and move closer towards your goals if you stick at it. Also if you have the correct willpower and motivation, no matter who you are, you will be able to achieve your goals.*
- 11 Do you have a motto?** *All dreams are achievable as long as you have the courage to pursue them.*
- 12 Is turning professional and making a career out of the sport your ultimate goal?** *Yes, before I can turn professional I intend to go to university at Nottingham where I can play lots of squash at high levels with other hopefuls. From this, I will have a better idea of the reality of making a career out of it and, if not, then there will be a Sports Science Degree for me to fall back on, hopefully.*
- 13 What are your future plans in the short-term?** *In the near future, there are the Sheffield and Surrey Opens (respectively) which I will be participating in as an individual in the singles. As mentioned earlier, my next goal is ultimately to be ranked amongst the top 50 in the country by 2007. Over Christmas, I will be training hard and can't afford to become complacent if I am to get there.*
- 14 In the long term, how realistic does the 2012 Olympics in London sound?** *Squash, unfortunately, isn't an Olympic sport but maybe by the time London 2012 comes round, it will be. Depending on whether I was in the top five at the time, which I believe is certainly an achievable prospect, it would be nice to represent England, but who knows we'll have to wait and see what happens.*

Robert Pattinson School Festival of Languages

On Wednesday 15 November, a small group of students went with Mr Clare to Robert Pattinson School, to give presentations in foreign languages and compete with other schools in the region. We arrived just in time, as the KS3 French competition had already started. There were three entrants - North Kesteven School, Robert Pattinson School and Carre's Grammar School.

We were the last to perform and the only rehearsals we had done had been when one of our group was away at house cross-country! Even so, we performed well, and thanks to the use of different tenses, Conor's frequent use of the word 'llama', and perhaps a little luck, we were judged to be best and received first prize!

Tom Watson 9W

The school has had an amazing respond to the request for the Tesco Sport for School vouchers and we received a staggering 26,000. This has enabled us to

Tesco Sport for Schools

order the following:



Tennis racquets and balls, table tennis balls, basketballs, badminton rackets and shuttlecocks, rugby balls, Slazenger airballs, stopwatches, whistles, rugby balls, cones, footballs, rugby match ball, music CD, clipboard and parachute.

A big thank you from Mr Pickard for everyone who sent in their vouchers.

School Christmas Lunch



Just a quick note to apologise to all the students and staff who missed out on the Christmas lunch. Numbers had to be limited due to the fact that I do not have adequate facilities to store and cook the large quantity of food safely (in fact my fridges and freezers were bursting at the seams!!). Next year, if the demand is as high as it has been this year, I will serve Christmas lunch over two days to accommodate everyone who wishes to participate.

Have a good Christmas and a Happy New Year.

From Jane and her team

Cricket Nets

After school Cricket Nets for Years 7, 8, 9 and 10 will be held after school on Tuesdays until 5pm. Please see Mr Morley for details.

CARRE'S GRAMMAR SCHOOL

Northgate
Sleaford
Lincs
NG34 7DD

Phone: 01529 302181

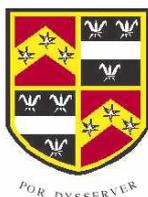
Fax: 01529 413488

Email:

enquiries@carres.lincs.sch.uk

Website:

www.carres.lincs.sch.uk



MESSAGES FROM THE OFFICE

- **Uniform Items.** Just a reminder that the school office keeps a stock of **Polo Shirts** in sizes S (34), M (36), L (38), XL (40), at a cost of £10. We also keep **ties** - £2.50, **badges** - £2.50, **braid** - £2.00. All other items of school uniform can be purchased from Sleaford Clothing or Sporting Lincs.
- **Lost Property.** Any lost property which comes to light during the Christmas holiday period will be kept until the end of January before it is disposed of. Please tell your son to keep asking at the school office if he has lost any items, as things turn up on a daily basis. It goes without saying that it helps us immensely if all property is labelled. Thanks for your co-operation.
- **Change of Contact Details.** If you have moved recently or changed any of your contact details, including change of mobile phone number, please let the office know.
- **Mobile Phones.** If Father Christmas brings you a new mobile phone, please consider donating your old one to school! We still collect them and get £2.50 for each recycled phone. Thank you!

Karen, Lesley, Mel and Tracey in the office wish you all a very Merry Christmas and a happy, safe and prosperous 2007!

See you in January!

