



# High Flyers



To seek, to learn, today...to shape, to lead, tomorrow

May 2022 Highsted Grammar School Issue 11

How to  
super-charge  
your  
memory!



## Also inside this issue:

Local artist Efua Thomas holds an exhibition at Highsted!



## Fascinating Creatures: Scorpions on the Isle of Sheppey



## Competition: Mini Art Exhibition

Secret Musician:  
Musical Notes  
and the Cello



## Blueberry and Orange Traybake





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Welcome to our eleventh issue of High Flyers.  
This term the Highsted Virtue we have been looking at is 'Curious'.

Which subject inspires you to unlock your potential?



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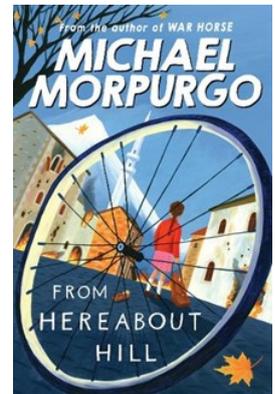
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# Memory Strategies



## How to super-charge your memory!

*Fed up with forgetting the important things that you need to remember? Maybe you need to try a different approach to learning the information in the first place!*

### Storing information in your 'mind palace'

In the TV series 'Sherlock Holmes', the detective refers to his 'mind palace', a mental structure which allows him to store large amounts of information in an organised way.

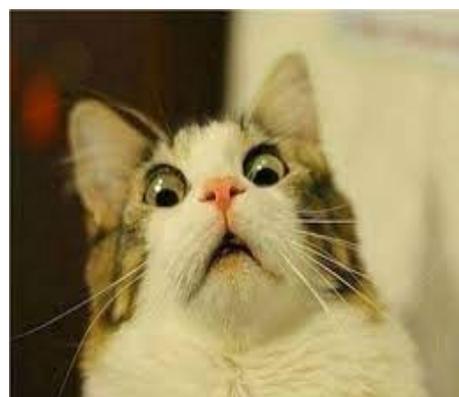


### Think you can't remember a list of 20 words? Let's see...!

Jam	Hammer	Chicken	Custard	Television
Cat	Banana	Piano	Umbrella	Penguins
Kite	Glasses	Scooter	Frying pan	Toaster
Socks	Wheelie Bin	Waiter	Book	Toothbrush

**Step 1:** The first thing that you need to do is to imagine walking somewhere that you know really well: this could be walking around your house, or maybe your route to school.

**Step 2:** You will place the **first two words into a pair** and imagine them interacting in some way at your first location. For example, you might open the front door to your house and see a **cat** running around, covered in **jam**! Build up a vivid, funny image in your mind. The cat is going crazy and there is jam everywhere! You would then move to the next location and think what you might see there and so on until you have visited 10 different locations and encountered a **pair** of words each time. Important: make sure that the two items are interacting and make it as funny/silly as possible as that will be more memorable!



**Step 3:** Give this article to another person and see if you can remember the items. If the technique has worked you should not only remember the 20 words, but they will also be in the correct order!

# Memory Strategies

Many memory methods work by associating new information with things that you know already, or by adding meaning to the information. Memory techniques are called **mnemonics** (silent m at the beginning!) and you probably know some already.

## Verbal mnemonics



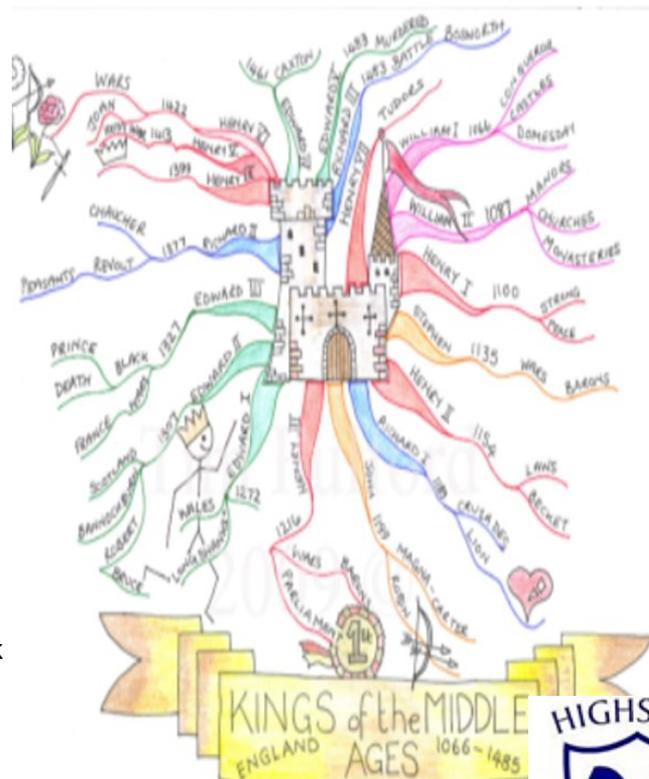
*Note – they do not have to be about elephants!!*

- Verbal mnemonics are ones that you can repeat out loud (or preferably in your head during an assessment)! Do you know how to remember the colours of the rainbow or planets in the solar system?

**Visual mnemonics.** A mind map is one visual way of helping us to organise and store information. It starts with the main concepts and has branches that contain further associated ideas.

By adding colour for different components and maybe simple images, you can create a memorable image that you will be able to imagine in your mind when you are trying to remember the information (such as in a test).

If you build up a really vivid image of it, then it will almost be like having it on the table to look at (which your teacher probably wouldn't be too happy about!)





# Memory Strategies

## Using your senses and emotions



If you are trying to remember a list of items, don't just think about the word...think about what the items look like, smells like, feels like as this helps to build a stronger memory of the item.

Emotions can be important too, particularly humour! Come up with a funny way of remembering your item as this will help it to stick in your mind. This can be a good way of remembering names: for example, this article has been written by Mr Webb and you might think of a person stuck in a big spider's web!

## Memory champions



**Yanjaa Wintersoul** is a triple world-record memory champion. Her feats include:

- Memorising 145 random words in 5 minutes!
- Memorising 360 random images in 5 minutes!

**Boris Konrad** is a memory champion and has set many world records, including:

- Memorising 201 names and matching them to the correct face in just 15 minutes!
- Memorising the order of an entire deck of cards in 30 seconds!



It is tempting to think that people such as this must have been born with 'special' memories, but memory champions would say that it is the result of training rather than being 'gifted'. Think of champions in sport – they may have a certain amount of natural talent, but they will put in hours of training to get to the peak of their sports.

The trick is to retain your brain, trying new techniques such as those in this article, and using them on a regular basis so that you get better and better at them. Be patient – you won't become a memory champion overnight! You might remember all of the information that you need for that test though!





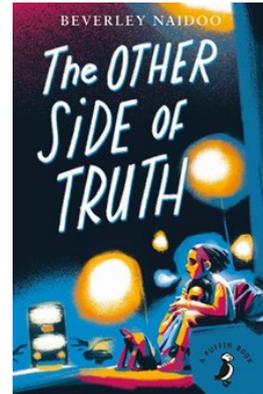
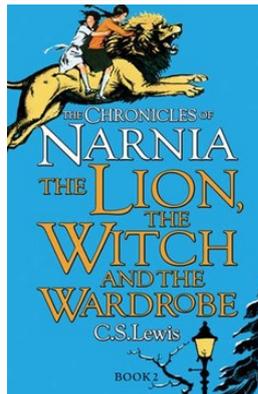
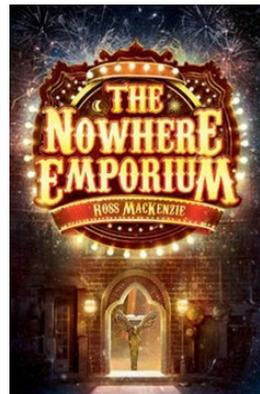
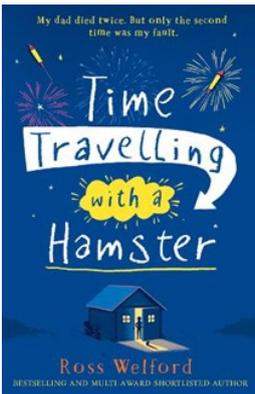
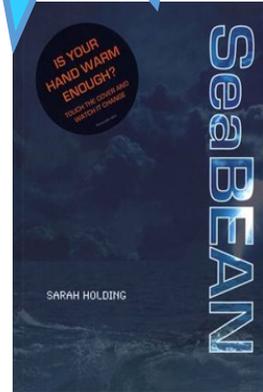
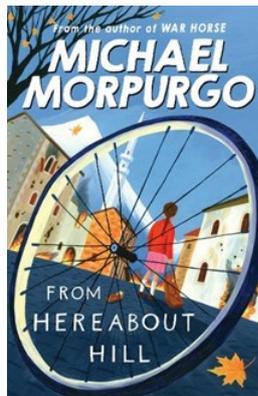
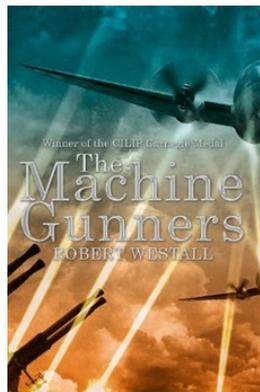
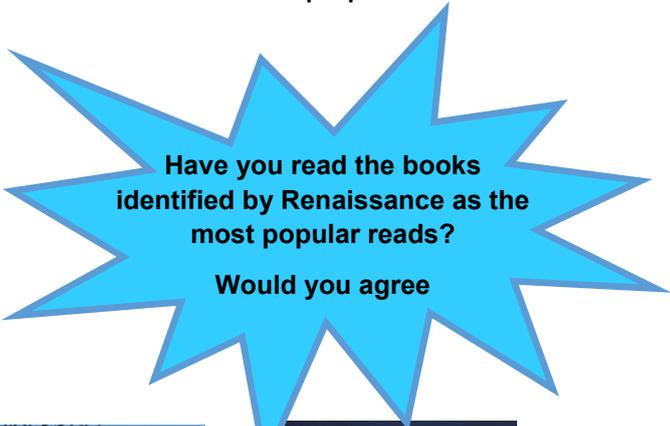
# English

## Our Favourite Authors

Last week Renaissance (Accelerated Reader) published a report about what you like to read. I wasn't surprised to learn the most popular authors!

**Jeff Kinney**  
**David Walliams**  
**J. K. Rowling**

In Year 6, Kinney, Walliams and J. K. Rowling dominate, but which other books might be worth a read right now? Here are some great examples from [www.schoolreadinglist.co.uk](http://www.schoolreadinglist.co.uk)



### Is it time to branch out?

Remember you can borrow brand new, and old, books for free from your local library. Browse the catalogue here: <https://kent.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME> to find your next book!





# Discover

## Too close for comfort

**Did you know Sheerness on the Isle of Sheppey is home to an estimated 15,000 scorpions!!!**

Herpetologists are individuals that provide care and conduct research on a wide variety of reptilian and amphibian species.

When considering where a scorpion lives most people will think of a hot, humid habitat, in Africa. This is true for many species such as those commonly kept by young herpetologist, who opt to keep scorpions such as the Emperor scorpion *Pandinus imperator*, as a pet. The emperor scorpion is a popular choice due to its impressive appearance and nocturnal behaviour. But, did you know that right on your doorstep more than 15,000 scorpions have set up home. The Yellow-Tailed scorpion *Euscorpis flavicaudis*, first colonised the Isle of Sheppey more than 100 years ago. It is believed to have arrived on merchant ships carrying cargo of Italian masonry. This predatory arachnid can be found in the rocky walls in the docklands of Sheerness. The Yellow-Tailed scorpion retreats into the rocks to avoid extremes of weather and feeds on prey that scale the wall. Living undisturbed, only to be observed by visitors this harmless species goes unnoticed. It has limited impact on native species and does not pose a threat to humans, as although venomous, a sting may only cause an allergic reaction.

Key features of the Yellow—Tailed Scorpion

3-5cm in length

Distinctive yellow legs

Distinctive black abdomen

Predatory Arachnids - Invertebrates, scorpions and spiders are classified as Arachnids, predatory as they hunt isopods or other similar sized invertebrates.



# Art: Art exhibition



Highsted had the amazing opportunity to house our very own exhibition in the Hi-Pod, with local artist Efua Thomas, artist in residence, Small Everyday Things which ran from 7<sup>th</sup> March – 29<sup>th</sup> April. During art lessons the students from each and every year group has had the chance to view the work on display, to consider the content, mood, form and process of each painting and to engage through discussion with their art teachers about the work displayed.

Efua Thomas describes her work “All the work in this exhibition has been completed since December 2020 after the start of the pandemic. I did a degree in fine art in 1989 but had not painted with any consistency since then. The lock-downs allowed me to focus in a new way. I decided to learn how to paint and gradually I was drawn towards naturalism. Looking closely at objects and images was a necessary activity to distract from what was happening to our lives. Something deep and healing happened by the process of looking and painting. The mixing of colour was so soothing and when I was painting, I thought



about all the things my family faces as well the hardship and loss that others were experiencing. I worked at my kitchen table and so I used water – based oil paints which were convenient and contain fewer nasty chemicals. For the same reason, I had to work quite small although now I am beginning to work larger and on canvas.



I started an Instagram account to record the work I made each day, mainly as a record for myself but pleasingly I have sold some work and the feedback I have had has been really nice. Beneficial effects of being creative and to focus on the small everyday things we are usually too busy to see clearly. To find an outlet and an activity that allowed the steady processing of the upset, shock and anxiety of the pandemic was so useful for me and at the end of that I also had a painting. In the past I had cared too much about an outcome and about how something looked but judging each piece seemed irrelevant as

I was making work every day. If a painting was not great, it didn't matter because I just regarded it as something to learn from. Making painting/art part of my ordinary day to day life and the understanding it brings has been a real privilege. I know many other people have had similar experiences since 2020 and my approach is not unique but I hope something here might make you feel inspired to find your own creative path...”

## End of Year Exhibition

We are delighted to be showcasing the Year 11, 12 and 13 work at the Highsted Art Exhibition in the Hi Pod on Tuesday 5<sup>th</sup> July 2022, 4.30pm until 7pm.





# Art: Competition



## Mini Exhibition

Could you create your own mini exhibition based on your own experience of lockdown? Perhaps you could choose 5 – 6 photographs and display these, you could write a couple of sentences to explain how they relate to how you were feeling during this strange and new time for all of us. Or, you use create 2 or 3 mini drawings or paintings, using whatever materials you wish, you could think about how the colours reflect the moods that lockdown had on you. There is no right or wrong answer.



### Send your entry to:

ks3@highsted.kent.sch.uk by the 15 July  
Place in the subject box: Mini Exhibition

### Include:

Your name  
Your age  
Your primary school  
The winning photos will be displayed in issue 12 and will win a prize.





# Sport: Record Breakers



Citius, altus, fortius in Latin or faster, higher, stronger is the Olympic motto of the modern Olympic games, but actually when it comes to all sporting events and activities, athletes are constantly trying to find ways to become faster, higher and stronger to secure a victory in their sporting event, win a new title or break a world record or achieve a new personal best. Sports competitors enter competitions, tournaments and events after weeks, months and years of training and preparation for the event. With events like the Olympic games and Football World Cup, athletes can take four years to prepare and peak for major events.



The history of sports extends back to the Ancient world, but during the late 17th century, the idea was created for the concept of the sports record. Sports like the Oxford Cambridge rowing race date back to 1829. England's Football Association was formed in 1863 followed by the Rugby Football Union in 1871.

Here are some sports world records that have stood for a very long time

## LONG JUMP

**Bob Beamin – 55 years**

Records are meant to be broken, however some records stand for decades. It has been close to five-and-a-half decades when long jumper Bob Beamon created an Olympic record in 1968.



The U.S. Olympian's leap is the oldest Olympic record that is yet to be broken. At the 1968 Mexico City Olympics, Beamon not just leapt an astounding 8.90 metres but also shattered record books.

## 800m Jarmila Kratochvílová – 36 Years

In 1983, she also set the world record for the 800 metres, which still stands and which is currently the longest-standing individual world record in athletics. Only one athlete, Pamela Jelimo of Kenya, in 2008, has come within a second of Kratochvílová's mark since it was set.



## TENNIS

Roger Federer, a Swiss tennis player holds the record for being in the No. 1 position in men's tennis for 237 consecutive weeks, from the year 2004 to 2008. Steffi Graf a German player held the top spot for a total of 377 weeks. This is the highest number of weeks being the best by any male or female tennis player.

John Isner and Nicolas Mahut played a 2010 Wimbledon opening round tennis match for 11 hours and 5 minutes (spanning almost three days!).

## SWIMMING

Michael Phelps won 18 gold medals at the Olympic games, and has won 22 medals in total. This is the highest number of medals won by any individual at the games.



## FOOTBALL

Pelé holds the record of hitting maximum goals in soccer. The Brazilian's goal count is 1281 goals.

The record for highest number of World Cup titles is held by Brazil with 5 titles to their name.



Manchester United has 20 league titles to its credit.

Rebecca Adlington set a world record time of 8:14:10 at the 2008 Olympic Games in the women's 800m freestyle breaking Janet Evan's 1989 record.



# Musical notes

## Secret Musician

How would you describe your job? I am a visiting Singing teacher: I teach children from year 3 to year 8. I also teach students at home, from age 10 to much more mature!

Which instrument do you play? I play Piano, Violin and I sing.

How old were you when you started learning? 7.

What did you enjoy most about learning to play? Playing with other people in an ensemble, like an orchestra

How did you train for your career? I have a degree in Music and German and I have a teaching diploma.

What is your favourite piece of music? Stravinsky "Rite of Spring" but also Ravel String Quartet! Particularly 2nd Movement.

Your top tip for young performers? Play in a group as soon as you're confident enough. Playing in a group with others is the best feeling...

Welcome to the Music page. Here you will learn about careers in music, unusual instruments and some of the signs and symbols that enable musicians from around the world to communicate through the universal language that is Music.

## Lesser spotted instruments....

### Cello

Habitat: found in the string section of the orchestra

Played: by bowing or plucking the strings

Looks: Like a large violin, or a small double bass

Sounds: a beautiful mellow sound, said to be the closest instrument to the human voice

Claim to fame: the name cello, an abbreviation of Violincello means 'little large viola'



Can you find a recording of The Swan from Carnival of the Animals?

Could you compose your own melody for the cello? This would be written in Bass Clef

Have you considered learning to play an instrument?

## Musical signs and Symbols



## The Bass Clef

Did you know?

-The Bass, or F clef, is used on the staff to show where the note of F is placed.

-Many instruments play from music written in the Bass clef, it is also used for the left hand of the piano

-The Bass clef is not the only clef, there are also Treble, alto and tenor clefs.



## Blueberry and Orange Traybake

### Ingredients

- 50g Melted Butter
- 200g self-raising flour
- 1 tsp baking powder
- 1 egg
- 250ml milk
- 2 tbsp caster sugar
- 1 large orange zested and juiced
- 150 blueberries
- Icing Sugar for dusting
- Ice cream to serve



### Method:

**Preheat oven to 180°C/Gas Mark 4**

**Brush a 25x20 2cm baking tin with melted butter**

**In a mixing bowl sieve in flour, baking powder and add the egg, milk, melted butter, caster sugar and mix.**

**Then stir in orange zest and 50mls of the orange juice**

**Pour the mixture in the prepared tin and top the mixture with blueberries**

**Bake for 20 minutes until the middle of the cake is well cooked**

**Leave to cool then dust with icing sugar.**

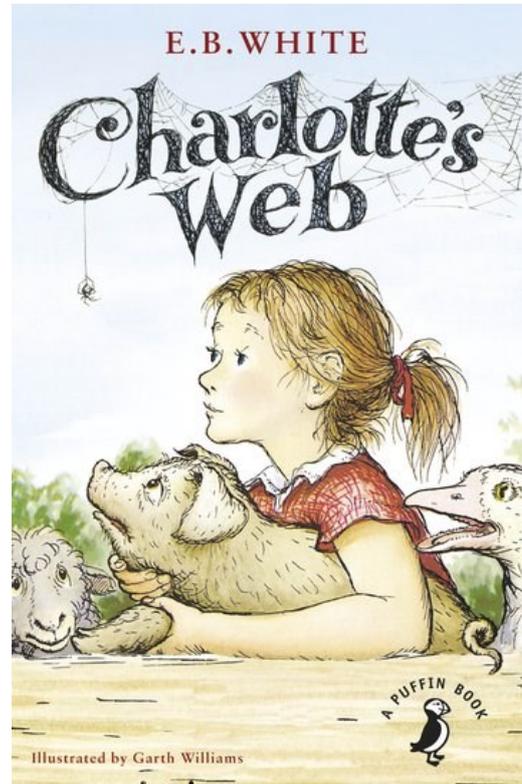
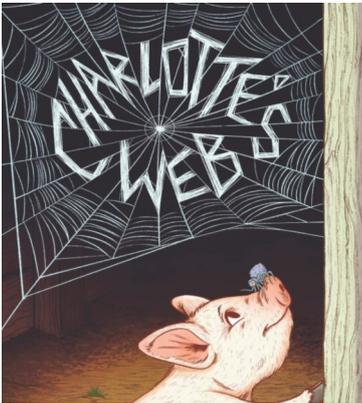
**Serve with more blueberries and ice cream.**



### Celebrating what makes everyone special

This is the story of a little girl named Fern, who loves a little pig named Wilbur and of Wilbur's dear friend, Charlotte—a beautiful large grey spider.

When Fern's uncle decides that Wilbur must become bacon, Fern, Charlotte, Templeton the rat and all Wilbur's farmyard friends come up with an ingenious plan to fool the humans, and save their very special pig.



“There, in the centre of the web, neatly woven in block letters, was a message. It said: **SOME PIG!**”

E.B White or Elwyn Brooks White was an American author born on the 11th July 1899.

In his lifetime E.B White wrote many children stories including 'Stuart Little'!

In 1978, White won a special Pulitzer Prize citing "his letters, essays and the full body of his work".<sup>[19]</sup> He also received the Presidential Medal of Freedom in 1963 and honorary memberships in a variety of literary societies throughout the United States.





## *Acknowledgements*



**High Flyers was produced by Highsted Grammar School to inspire Key Stage 2 students in local primary schools to develop a passion for learning across the curriculum.**



**With thanks to Mr Webb, Mrs Baker, Miss Field, Miss Appleton, Mrs Rennie, Mrs Reed, Miss Gardiner and Mrs Ndlovu for sharing their enthusiasm for their subjects.**

