



High Flyers

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



Summer 2022 Highsted Grammar School Issue 12



Credit: rspbgravesend.org.uk

Isle of Sheppey—Elmley National Nature Reserve

Art Exhibition at Highsted!



Commonwealth Games!



Illustrations by Julian Benford and © The Reading Agency 2022

Also inside this issue:

Impacts of Climate change: Everest base camp has to move!



Secret Musician: Musical Notes and the Cello





Contents



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

Which subject inspires you to unlock your potential?



Pages 3-4 Feature Article: Science: Elmley National Nature Reserve

Page 5: Science: Impacts of Climate

● **change**

● **Page 6 Art Exhibition**

● **Page 7 Music: The Secret Musician**

Page 8 Sport: Commonwealth Games

Page 9 Food Roadshow: Eating Healthy!

Page 10 Food Technology: Vegan Cookies

Page 11 Places to Visit: Places to explore this summer

Page 12 Recommended reads: Michael Morpurgo

Page 13 Recommended reads: What to read this summer

Page 11 Acknowledgements



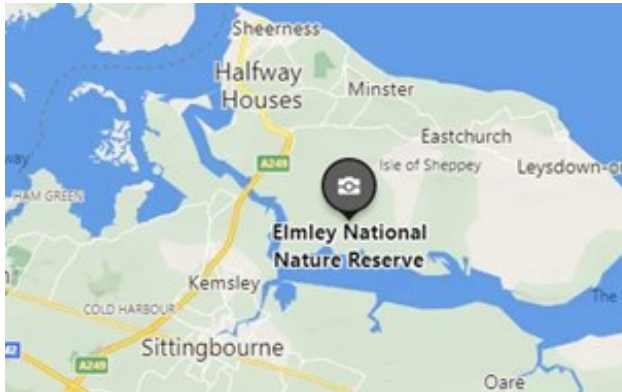


Science: Conservation

Explore this summer!



Elmley National Nature Reserve



Credit: rspbgravesend.org.uk

One of the largest bird reserves in England sits right on your doorstep! In earshot of the Sheppey bridge sits the Elmley National Nature Reserve. Not only does it cover a vast 3300 acres, it is home to thousands of birds and of great scientific importance.



A lapwing chick at Elmley. Credit: Rebecca Douglas / Elmley Nature Reserve

Elmley, a site of special scientific interest (SSSI), is an internationally important site for the conservation of plants, animals and insects. It is also termed 'Ramsar site,' (wetland of world importance), with the country's largest lowland collection of breeding waders.

It is the only family owned and managed National Nature Reserve in the UK! The vast amount of fresh water habitat alongside the vast

expanses of salt marsh and mudflats provide food for waders and wildfowl throughout the year, it creates a safe haven for migrating birds as well as for a vast number of species including, Marsh Harriers, Peregrines and Sparrowhawks, which can be spotted searching for prey. Lapwings, redshank, grebes, hares, and stoats are just some of the species that share the 3300 acres with a combined herd of up to 900 native and continental breed cows and 1000 Romney sheep, as a working farm.





Science: Conservation

Explore this summer!



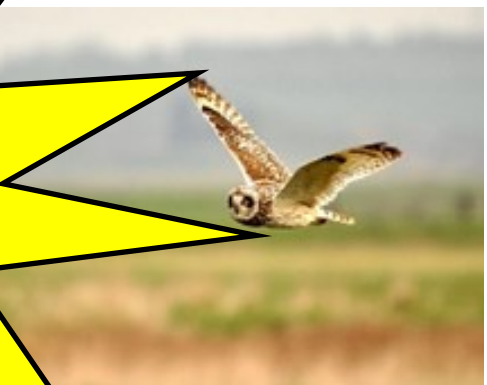
Elmley National Nature Reserve

Conservation efforts across the Reserve are focused towards breeding waders and particularly the lapwing (*Vanellus Vanellus*) and redshank (*Tringa Totanus*). These efforts, undertaking intensive management of livestock grazing, water control, micro-topography (digging out areas to enable water to collect), grass management and predator management, result in the effective management of a successful reserve.

Lapwings on Elmley Nature Reserve on the Isle of Sheppey. Picture:



- ⇒ 20 out of the UK's 50 species of butterfly can be found at Elmley National Nature Reserve.
- ⇒ In May 2020 Elmley National Nature Reserve won a Life on Land award for working with nature.



A Short-Eared Owl (*Asio flammeus*) hunting on Elmley Nature Reserve.



To visit Elmley please go to [Spend the Day | Elmley Nature Reserve](#)

Credit: Coast magazine Brown Hare



Impacts of Climate change



Khumbu Glacier– Basecamp

Impacts of Climate change: Everest base camp has to move!

In 2024 the base camp for climbers wishing to ascend to the top of the world's tallest mountain is going to have to move. It has been in its current location on the Khumbu glacier since 1950, when it was first set up to support climbers. It is used every year by up to 1500 people during the spring climbing season.

Why does it have to move?

The impact of continued rise in global temperatures has made this area too dangerous. Climbers have reported deep crevasses in the ice opening up overnight as they sleep, scary! In addition to this, the Khumbu glacier is melting at even faster rates and has been losing 9.5 million cubic meters of water per year, causing it to become unstable. This is because, when the ice that makes up its cliff's melts, it releases rocks and even large boulders that can move and fall. The more the glacier is melting, the more rock falls are happening.

Though it's not just climate change that is causing damage to the glacier, but human impact directly as well. Every day there is approximately 4000 litres of urine that needs to be disposed of. There are also large volumes of kerosene and gas burnt for cooking and to keep warm, which is affecting the glacier.

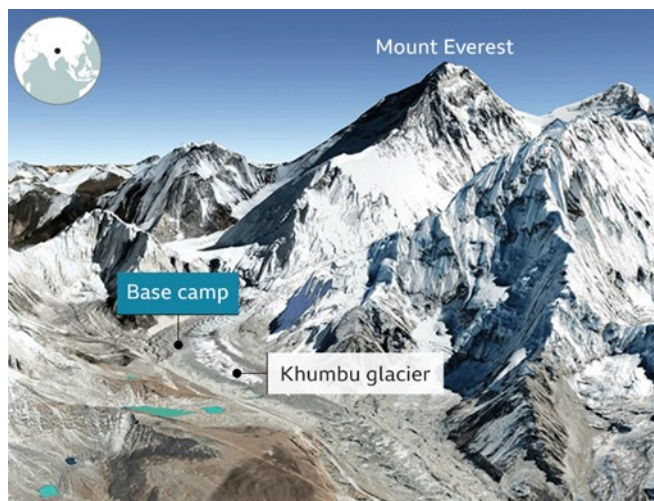


Image: Google Earth (3D-model from satellite imagery)

BBC

Where will it go?

The Nepalese officials and tourist board hope to move it 400m south, to an area where there is solid ground and no melting ice. Once they have assessed the technical and environmental requirements of a new location, local communities will also have an input, which is important as their culture needs to be considered before any move.



Annual Art Exhibition



We are so proud of all of the hard work, dedication and passion that our fantastic Year 11 and 13 students have put into their GCSE and A level coursework. We were so excited to see the exhibition come together on Tuesday 5th July, sharing this event with the students' family and friends. We were lucky enough that local artist Charles Williams opened the event, celebrating what the students have achieved. Here's a few images from the event, I am sure you will agree how brilliant they are.





Musical notes

Secret Musician

How would you describe your job?

Keyboard player in the Sister Act show band

Which instrument do you play?

Piano, percussion and violin

How old were you when you started

learning? I showed an interest in the piano as a youngster, my parents encouraged this and sent me for piano and violin lessons

What did you enjoy most about learning

to play? I always enjoyed competing in competitions and performing.

How did you train for your career?

Studying a music degree I've always been willing to take part in shows, recitals and concerts, gradually building up the skills necessary for playing keys in a show band.

What is your favourite piece of music? I

don't have one!

Your top tip for young performers? Take

every opportunity to perform and participate in competitions.

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....

Viola (shown on right in picture, next to a violin)

Habitat: found in the string section of the orchestra

Played: under the chin, like a violin, by bowing or plucking the strings

Looks: Like a slightly larger violin, there is very little difference in appearance.

The viola has one string lower than a violin.



Can you find a recording of Telemann's Viola Concerto in G major?

Could you write a melody using the notes of the treble clef?

Have you considered learning to play an instrument?

Musical signs and Symbols



The Treble Clef

Did you know?

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

-Many instruments play from music written in the Treble clef, it is also used for the right hand of the piano.

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





Commonwealth Games

Birmingham 2022



The 2022 Commonwealth Games, known as Birmingham 2022, will be held between 28 July to 8 August 2022. This will be England's third time hosting the Games since Manchester 2002 and London 1934. The event was first held in 1930, and, with the exception of 1942 and 1946, has taken place every four years since then.



So how many countries participate in the Commonwealth Games?

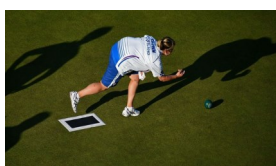
Although there are 54 members of the Commonwealth of Nations, 72 teams currently participate in the Commonwealth Games. The four home nations of the United Kingdom (England, Scotland, Wales and Northern Ireland) also send separate teams.

Apart from many Olympic sports you will see athletes competing in, the games also include some sports that are played predominantly in Commonwealth countries, such as lawn bowls and netball.

Here are some of the sports that will be included in the Games

LAWN BOWLS

Matches are played on a Lawn Bowls Green. The match begins with a coin toss, giving one competitor the option to roll a small ball called the 'jack' at least 23 metres down the green.



JUDO

Balance, mental focus and tactics meet technique, agility and leverage in this display of explosive throws. The objective – to take your opponent down using control, not brute force. With its origins in Japan, the literal translation of the word 'Judo' is 'gentle way.'

The practice of judo techniques helps people develop physical fitness in a number of ways, such as the development of strength, flexibility, agility, speed, dynamic and static balance, explosive power, and endurance.



NETBALL

Netball is a seven-a-side sport, with teamwork being fundamental to success. When a player is in possession of the ball at any point in the game, they are unable to move, meaning a squad needs to work as one synchronised unit to score. A player must pass or shoot the ball within just three seconds of receiving it, so speed, agility and sharp focus are key. The team who score the most goals in the duration of the high-impact 60-minute game wins.



Can you identify which flags these Commonwealth countries come from?



8. Wales

Answers: 1. Canada 2. New Zealand 3. Jamaica 4. Scotland 5. Australia 6. India 7. South Africa



The Food Roadshow: Eating Healthy!

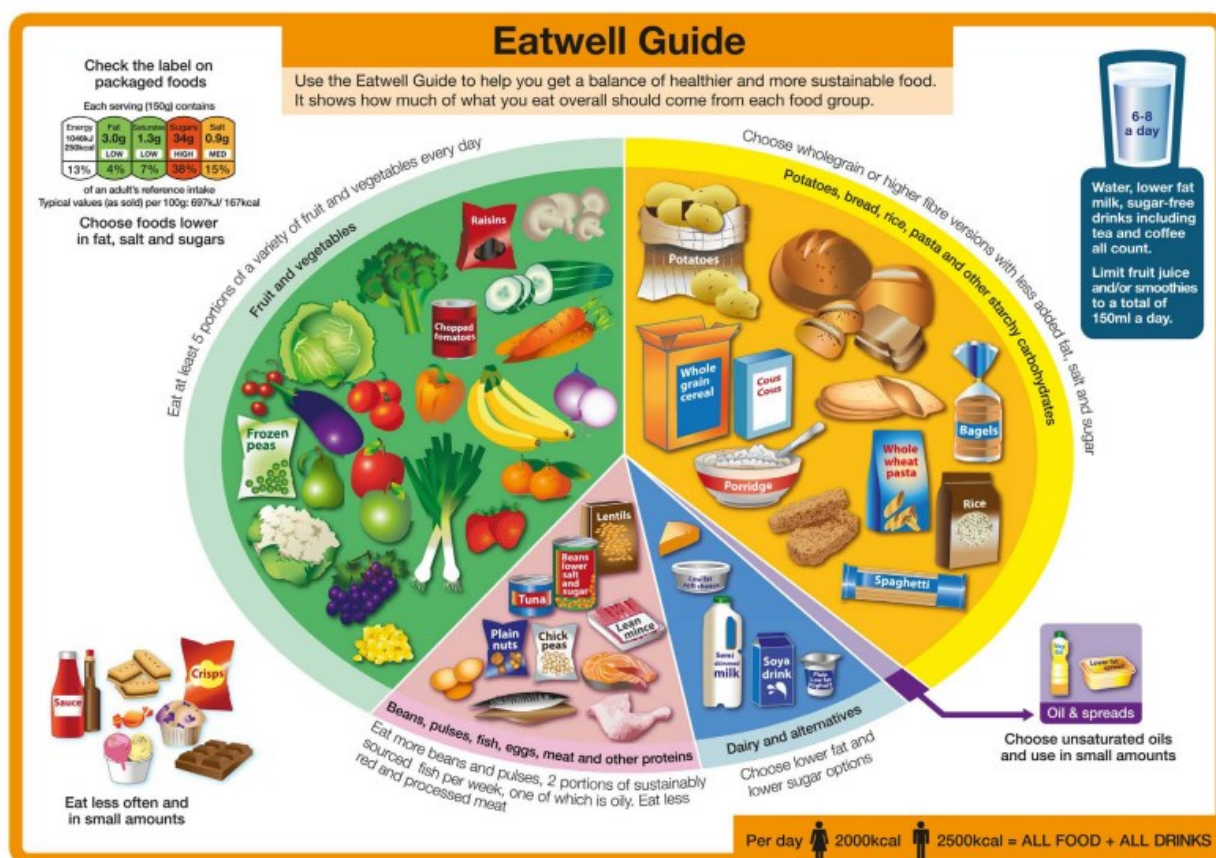


This term all year 7 and 8 students (and teachers) participated in “The Food Roadshow” - where chef Ian inspired students into cooking healthy with a great tasting vegan dish!

Competing in two teams (**the red chilli's** and **the green peas**) students used fresh ingredients such as vegetables, fruits, pulses, herbs and many more to cook the best balanced healthy meal in just 15 minutes.

This summer try cooking your own healthy meal using the eatwell plate guide and see what you create!

THE ORIGINAL
**SCHOOL FOOD
SHOWDOWN!**
HEALTHY EATING ROADSHOW



See page 10 to try our vegan cookie recipe!



Food Technology:

Vegan Cookies Recipe



Vegan non back cookies

Ingredients:

75g almond butter or natural
peanut butter
75g brown sugar (light or dark)
75ml ml coconut oil
50ml unsweetened almond milk
175g rolled oats
1 tsp ground cinnamon
1 tsp vanilla extract.



Method:

Heat almond butter (or peanut butter), brown sugar, coconut oil and almond milk in a medium saucepan over medium heat, stirring, until the oil and sugar have melted. Stir in oats, cinnamon, vanilla and salt. Let cool slightly.

Drop the dough by tablespoonfuls onto a parchment-lined baking sheet. Press into 2-inch circles. Refrigerate until firm, about 2 hours.

Enjoy!

Send photos of your creations to:

ks3@highsted.kent.sch.uk by the end of the holiday
Place in the subject box: Vegan Cookie

Include:

Your name
Your age
Your primary school
The winning photos will be displayed in the new term





Places to Visit:



Places to explore this summer



ENGLISH
HERITAGE

Rochester Castle!

English Heritage is a charity that manages over 400 historic monuments, buildings and places. These include prehistoric sites, medieval castles, Roman forts and country houses.

Explore English Heritage sites this summer.

Natural History and Science Museum!

Get up close with nature, discover fascinating creatures and intriguing science on a visit that's perfect for the whole family.



Buttercups Sanctuary!

The only registered charity in the UK who care solely for the welfare of goats. They rescue abandoned, abused and neglected goats, and also help animals simply in need of a new home whose owners can no longer care for them.

Entrance by suggested donation.





Recommended Reads

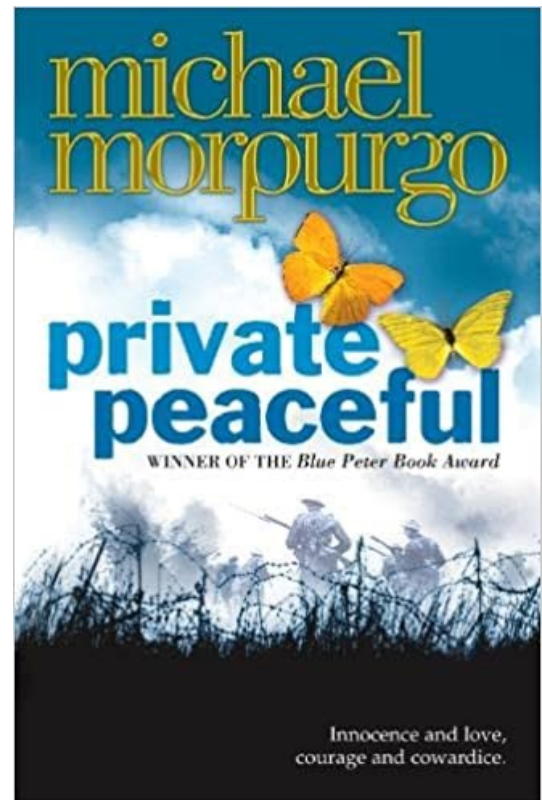
Michael Morpurgo



A tale of brotherhood and camaraderie

This is the story of Thomas 'Tommo' Peaceful, told from his perspective growing up before World War I (WWI). Together with Thomas's brother, Charlie and his friend Molly, Thomas recalls growing up together in the country. Their mischievous adventures include braving "Grandma Wolf" (the boys' great-aunt and defying a Colonel. They also see an aeroplane together – the first people in their village to do so.

As they grow up Charlie is eventually forced to enlist in the British Army and is deployed to France to fight in World War I. To stay together Tommo lies about his age to join his brother. The rest of the story describes the brothers' experiences of the war: their Sergeant "Horrible" Hanley and near-misses during the battle on the front line as the story moves towards the battle of the Somme– the worse battle in WWI.



"It's no good wishing for the impossible. Don't wish. Remember. Remembrances are real."

Michael Morpurgo is an English author and poet born on the 5th October 1943.

Morpurgo is best known for his "magical story-telling" in vivid settings such as World War I. His other stories include War Horse, the Butterfly Lion and Kensuke's Kingdom.

In 2003 Morpurgo became the third children's book laureate, taking over from Anne Fine and continued in this role until 2005.





Recommended Reads

What to read this summer!



Join the Gadgeteers to discover the amazing science and innovation behind the world around you!

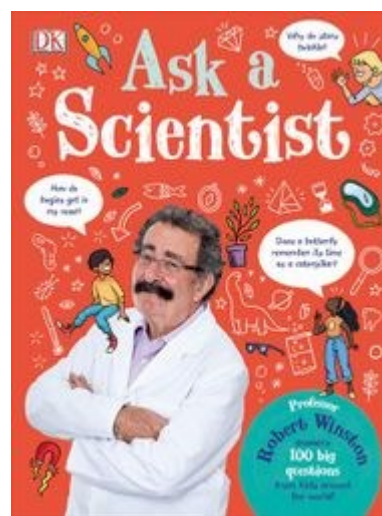
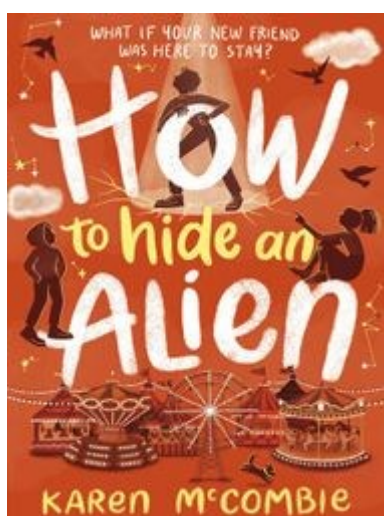
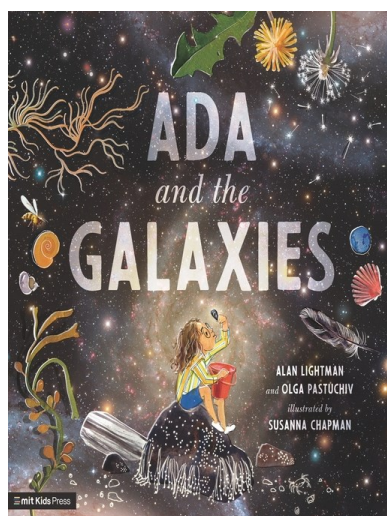
Every year libraries launch the free Summer Reading Challenge for children aged 4 to 11 years. This summer libraries around Kent are celebrating reading with their special science-themed challenge that will inspire you to use your imagination and creativity!

The Summer Reading Challenge runs in Kent from **Saturday 9 July to Saturday 10 September** and aims to keep children reading over the summer.

The challenge is to read 6 books, eBooks, eAudio or eMagazines. All children receive a certificate and a medal once they've completed their challenge.

Children can visit the library to take part or to visit the summer reading challenge website to take part digitally.

Some recommended reads



For more recommended reads visit: [Summer Reading Challenge - Kent County Council](#)



Illustrations by Julian Beresford and © The Reading Agency 2022



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 Mrs Baker, Miss Coles, Miss Appleton, Mrs Rennie, Mrs Reed, Miss Gardiner and Mrs Ndlovu for sharing their enthusiasm for their subjects.

