



High Flyers

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

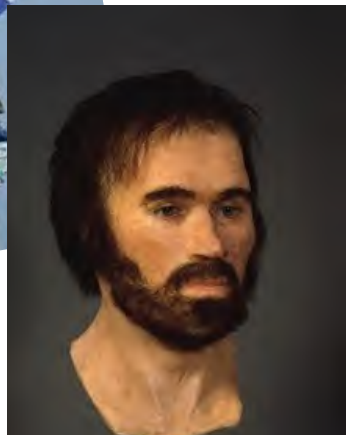


Winter 2022 Highsted Grammar School **Issue 14**



Anti-Bullying Week: Odd Sock Day

Sporting Superstars!



Bog Bodies!



Also inside this issue:

Transitioning to Secondary: Making new friends.



Design and Technology: My Experience





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Welcome to our fourteenth 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?



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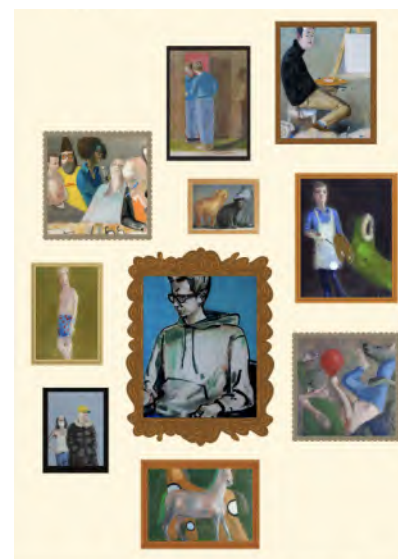
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Anti-Bullying Week

Odd Socks Day



Odd Socks Day marks the start of Anti-Bullying Week 2022 on Monday 14th November.

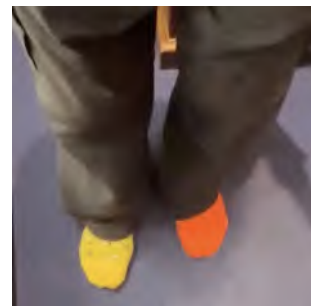


What is Odd Socks day?

Odd Socks day is an opportunity to encourage people to express themselves and celebrate what makes us unique!

Every year schools around the UK highlight Anti-Bullying week in this fantastic way! There is no pressure to wear the latest fashion or to buy expensive costumes. All you have to do to take part is wear odd socks to your school, at work or at home, it couldn't be simpler! Schools were invited to make a £1 donation to support in continuing to raise awareness but the most important thing about Odd Socks Day is the message!

In 2021 over 5 million children, 1,000s of parents, 100s of workplaces and lots of celebrities and influencers got involved. Ant and Dec, Emma Willis, Brian May, Craig David, Sir Mo Farah and Annamarie all donned their odd socks!



[Anti-Bullying day tomorrow - brianmay.com](https://www.brianmay.com)





Biology: Hibernation versus Brumation



As the temperature turns colder, animals begin to prepare for winter. In order to survive the extremes of temperature and lack of food, animals will hibernate. However, not all animals hibernate, some undergo brumation. So what is the difference???

Hibernation

Species: Mammals

It is a period of inactivity, the animal lays very still, reducing its heart rate and breathing rate. This enables the animal to conserve its energy. As there is limited food, it uses stores built up in the summer.



Brumation

Species: Reptiles and amphibians

It is a period of inactivity, the animal may lay very still, but may arise for water and when the sun shines. Reptiles shut down their bodies to conserve their energy.



In the UK, the Hazel dormouse feeds on nuts, seeds and berries to fatten up for hibernation.



In the UK, the Hedgehog fattens up on snails and slugs before it hibernates



The Australian Bearded Dragon undergoes brumation to survive the colder months





Biology: Hibernation versus Brumation



Similarities

- * Hibernation and brumation are triggered by fall in temperature and changes in day light
- * To survive hibernation and brumation animals build up fat reserves.
- * During hibernation and brumation all animals stop

Metabolic Activity: Is the breakdown of body tissues and energy stores to get fuel for the bodies functions.

Differences

- * During hibernation animals stops drinking, however during brumation animals continue to drink.
- * During brumation the animal may walk around and bask in the sun, unlike in hibernation where the animal lays still.
- * Reptile reduce their oxygen intake and can remain under water for long periods.
- * Hibernation relies on stored fat. Brumation relies on reduction of

Going one step further!!

The Common Wood frog in Alaska can survive temperatures as low as -16°C . How does it stop itself from freezing!! The blood contains high levels of glucose (sugar) and urea molecules which act as a type of antifreeze. This stops the



Credit: Canadian Geographic



Credit: Coniferous Forest





Sporting Superstars



Being the best in your sport takes a lot of time and effort, for many athletes getting to the top of their sport in their career takes years of practice. They probably spent a lot of time not being successful on their journey. Here are some sports you could try out that are not too far away:



Cycling is a great way to keep fit and if you have your own bike you can go on bike rides with your family. If you want to learn more about cycling or try out some different types of cycling then you could go to the Cyclopark in Gravesend and try out the BMX circuit. @www.cyclopark.com



Netball is a great way to meet lots of new people because it is a team sport. England netball team were beaten 51-60 by Australia in the Birmingham 2022 Commonwealth Games semi-final. If you would like to give netball a go then the Comets are a local team that are based in Sittingbourne @ www.cometsnetballclub.com

There has been a lot of football on at the moment with both the mens and womens football world cup. There are lots of football clubs within Swale. Anchorians FC (www.anchoriansfc.co.uk); Sittingbourne FC (www.kentmcl.co.uk); Sheppey United FC (www.sheppeyunitedfc.co.uk); and Woodcombe FC (www.woodcombefc.co.uk).



Here are some amazing British athletes that are superstars in these sports



Alessia Russo is a local sports person who grew up in Maidstone. She was part of the winning Lionesses World Cup

team who kicked the amazing back heel against Sweden in the semi final, scoring 4 goals in the world cup. She plays as a forward for Manchester United as could become the first female to seal a £1 million transfer fee.



Layla Guscoth, is an English netball star who has been voted Vitality player of the season. Layla plays for

Bath but is also an



English international. She plays in defence as GK, GD and WD—her current team in Surrey Storm. She is also a trained doctor.



Laura Trott is a

British track and road cyclist who specialises in track endurance events, specifically the team pursuit, omnium, scratch race, elimination race and Madison disciplines. With six Olympic medals, having won both the team pursuit and the omnium at both the 2012 and 2016 Olympics and Madison at the 2020 Olympics, along with a silver medal from the team pursuit at the 2020 Olympics, she is both the most successful female cyclist, and the most successful

British female athlete, in Olympic history.



ANAGRAMS

Can you identify these sports that have been jumbled up.

1. LALFOTOB _ _ _ _ _

2. UGRBY _ _ _ _ _

3. SACTIMYGSAN _ _ _ _ _

4. TICRECK _ _ _ _ _



BRITISH CYCLING





Transitioning to Secondary

Making new friends



A big part of moving schools or transitioning to secondary school from primary school is making new friends. Some of your friends may be planning on going to the same secondary school as you, but there will be many opportunities to make some new friends.

Here are some top tips on how to make some new friends:



Introduce yourself to people even if it takes you out of your comfort zone—you will all be feeling nervous

Join a club at lunchtime or after school, so you can meet new people with common interests

Take your time—good friendships often form gradually, there is no need to rush

At secondary school, you change classrooms for each subject so you will be sat next to different people -introduce yourself

Honest

Supportive

Trustworthy

Reliable

Encouraging

Look for these qualities in your new friends and try to display them yourself





Bog Bodies Reveal Ancient Crimes

The unique, strange and spooky discovery of bog bodies is a rare but fascinating opportunity for historians to find out more about the past, and even provides a chance to solve a long-forgotten crime!

Bog bodies are bodies that have been thrown in marshland (also known as bogs). The special chemicals in these areas means that the body is mummified and remains extremely well preserved for thousands of years, until they are re-discovered.

Bog bodies have been found in the UK, Ireland, Denmark and the Netherlands and are so well preserved that historians can find out the colour of their hair, the clothes they wore and even the last thing they ate!



One of the most famous bog bodies is the "Tollund Man" who was found in Denmark in the 1950s. Historians are unsure what happened but they do know he lived during the 5th century BC, during the Pre-Roman Iron Age. Will the truth eventually be found out about what happened to this man, a thousand years after he passed away?

Another famous bog body, the Lindow Man, was found in England and can be seen at the British Museum. Historians have been able to recreate

what he would have looked like when he was alive and he was found with mistletoe in his system – a poison.



Investigating the strange case of bog bodies is one of the things covered in Ancient History club every Friday lunchtime at Highsted Grammar School. The club, has already covered a range of topics and activities, including making hieroglyphic book marks, discovering prehistoric art and learning how to write the oldest language in the world: Sumerian.

If you had the opportunity, what part of the ancient world would you want to discover?

Mono Printing

Art at Highsted

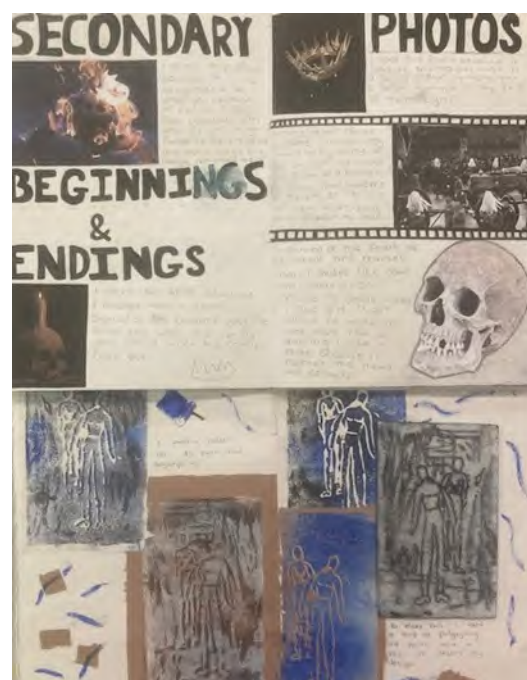
Year 9 have been working on a project from September based on Beginnings and/or Endings. They have started off exploring the theme and looking at a huge array of different artists to choose from. They have then started to gather primary and secondary sources to help inspire their work.



This is what one of our Year 9 students has said about the project so far:

"In Highsted, we study many different forms and areas of art. Last year in art I enjoyed creating my final piece, a piece of art worked on over the course of multiple lessons, where it can therefore be developed. During this process, students are allowed and enabled to explore many different areas of art, such as media and techniques! Acrylic paints and watercolours are particularly popular across many classes. Acrylic paints are great to work with for portraits and watercolours are optimal for creating scenic art pieces.

This year in art, so far, we've been exploring different methods of printing, such as polystyrene printing, which is the process of drawing something of your choice into a piece of polystyrene, making your marks into the foam, then using a roller and applying paint onto the polystyrene, pressing it against paper, and printing it! The process of polystyrene printing is particularly enjoyable as you can refine your artwork and add finer details as you create your next print, as you are not limited to just one try."



Charles Williams

LOCAL ARTIST CHARLES WILLIAMS

The Highsted Art Department was delighted to welcome local artist Charles Williams to the school in late November to deliver a talk on his inspirations, techniques, works, and what it's really like to be an artist working in the industry!

The school's A-Level Art students had the opportunity to see Williams' most recent and favourite works, and were invited to ask questions and engage with the artist as he explained his influences and processes to the class. Williams' rich medium of improvisatory storytelling through his self-described "collage of styles" inspired the students to challenge themselves to connect with the observer; he emphasised the importance of evoking a "visceral response" to one's work, which could be accomplished by taking risks and testing the limits of the mediums they use.



Students also received a live demonstration of Charles Williams' watercolour techniques that he uses for his own works; a famously difficult medium to work with, watercolour tests both an artist's patience and skill, so having a brief but engaging tutorial on the basics of the medium (including the importance of paper density, holding a paintbrush correctly and mixing colours

according.

Following the visit, the students created their own responses to Williams' work in their coursework sketchbooks, utilising their newfound techniques whilst taking inspiration from the artist's most interesting pieces. Students found the talk immensely valuable; one student commented that "[she] found it really important to see how his interests and everyday life has influenced his art... [she] also found it very engaging as he demonstrated how to use these different mediums and has inspired [her] to get out of [her] comfort zone in art and explore different mediums." to the colour wheel) was both enlightening and beneficial for the students.



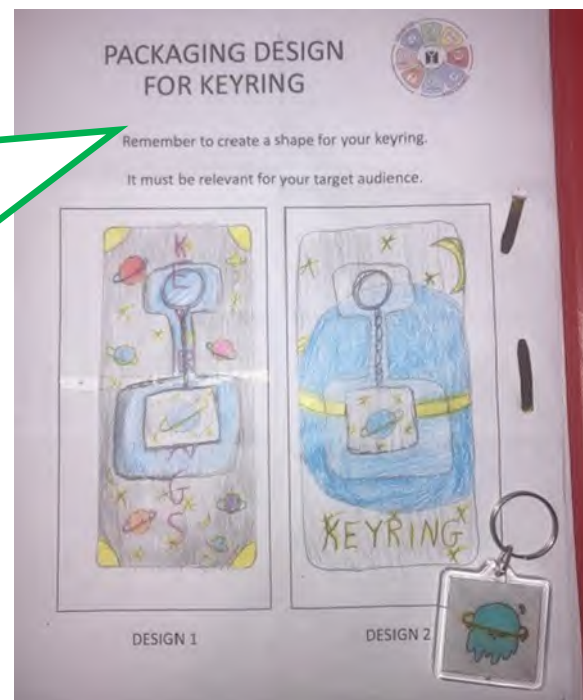
Highsted Key Rings



"In DT now, we are looking at packaging for keyrings. We are still focusing on the same target audience and we are looking at appropriate packaging designs. Later on, in the term we will pack our keyrings using what we have made."

Students are learning how to use the computer program 2D design to create their packaging for their keyrings. They are all creating some really exciting designs so far!

we drew out our designs onto bits of card (the bits of card were either a heart, a square, a rectangle or a circle shape) we then stuck the two bits together and inserted it into a plastic keyring. we stuck our designs together and then finally we put it into the actual keyring itself. I was very happy with how mine turned out.."



If you would like to design your own keyring turn to page.12 to see our template!



Design & Technology Keyring Template



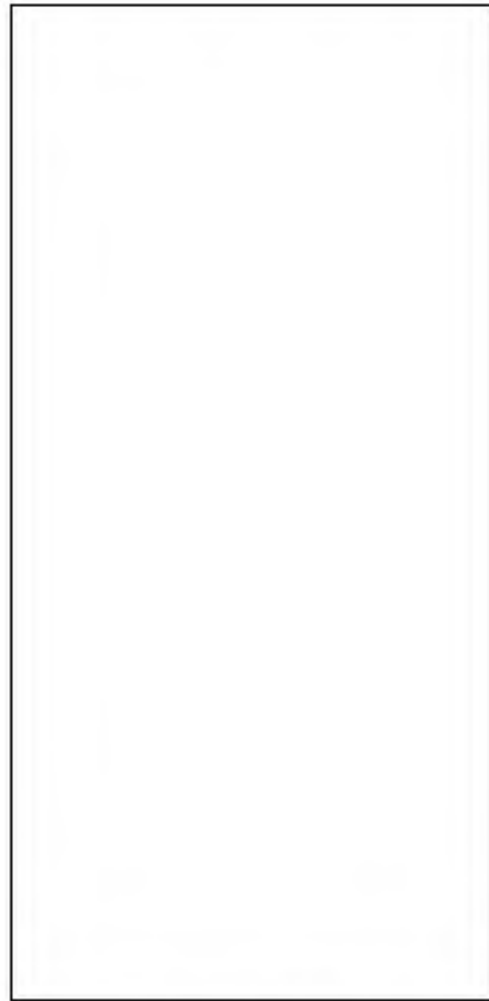
PACKAGING DESIGN FOR KEYRING

Remember to create a shape for your key ring

it must be relevant for your target audience



DESIGN 1



DESIGN 2

Want to share your design? Send your entry to:

ks3@highsted.kent.sch.uk by the end of the holiday

Place in the subject box:: High flyers key ring design

Include:

Your name

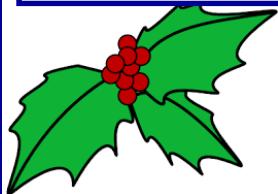
Your age

Your primary school

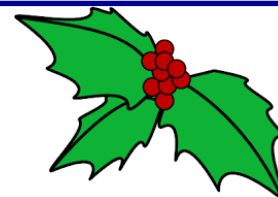




Food Technology: Christmas Recipes



Mince pies



Delicious recipes from our Food and Nutrition Department for you to try!

Ingredients:

For the filling:

- 1 large jar mincemeat (about 600g)
- 2 satsumas, segmented and finely chopped
- 1 apple, finely chopped
- zest 1 lemon
- little icing sugar, for dusting

For the pastry:

- 375g plain flour
- 260g unsalted butter, softened
- 125g caster sugar, plus extra for sprinkling
- 1 large egg, plus 1 beaten egg for glazing



Method:

- Place 375g plain flour and 260g softened unsalted butter in a bowl and rub together to a crumb consistency.. Add 125g caster sugar and 1 large beaten egg, and mix together.
- Tip out onto a lightly floured surface and fold until the pastry comes together, be careful not to over mix.
- Wrap the pastry in cling film and chill for 10 mins.. Scoop the large jar of mincemeat into a bowl and add 2 segmented satsumas, 1 finely chopped apple and zest of 1 lemon.
- Heat oven to 220C/200C fan/gas 7.
- Roll out the pastry to 3mm thick.
- Using a round cutter (about 10cm), cut out 16 bases and place them into muffin trays. Put 1½ tbsp mincemeat mixture into each. Brush the edge of each pie with a little beaten egg. Re-roll out the pastry to cut 7cm lids and press them on top to seal. Glaze with the beaten egg, sprinkle with the extra caster sugar, then make a small cut in the tops.
- Bake the mince pies for 15-20 mins until golden brown. Leave to cool before releasing them from the muffin trays and dusting with a little more icing sugar before serving.

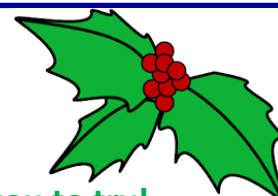




Food Technology: Christmas Recipes



Yule Log



Delicious recipes from our Food and Nutrition Department for you to try!

Ingredients:

For the sponge

5 eggs, separated
125g light brown soft sugar
40g cocoa powder (make sure it's pure cocoa)
½ tsp mixed spice
½ tsp ground ginger
white caster sugar, for sprinkling

For the butter filling

100g soft butter
250g icing sugar, sifted
1 tsp vanilla extract

For the frosting

100g dark chocolate, chopped
100ml double cream
25g butter



Method:

- Line a 35 x 25cm tin with baking paper and heat the oven to 180C/160C fan/gas 4.
- Beat the egg whites with a whisk until just holding peaks, then add half the sugar, 1 tbsp at a time, until the peaks hold. Set aside.
- Beat the yolks with the remaining sugar until pale and fluffy in a clean bowl. Sift in the cocoa, spices and a pinch of salt and gently fold them through.
- Beat in a third of the egg whites, then gently fold through the rest until you have an airy mousse. Pour into the tin and spread evenly. Bake for 12-15 mins until springy.
- Sprinkle caster sugar over a large sheet of paper. Turn the cake out onto the sugared paper, then peel off the sheet you used to line the tin. Leave to cool completely. Trim the edges, then score along the inside edge of one of the short sides and roll it up from there, using the baking paper to help.
- To make the filling, beat the butter, icing sugar and vanilla together with a whisk until light and fluffy.
- Unroll the sponge, then turn it so that one long edge is facing you. Spread the buttercream over the sponge using a palette knife, keeping the end furthest from you clean. Using the parchment, roll the sponge up again into a roulade.
- For the frosting, tip the chocolate into a large bowl. Put the cream and butter in a saucepan and heat gently until the butter melts and the cream reaches simmering point, then pour over the chocolate.
- Stir to create a smooth mixture, then leave to cool, stirring occasionally, until you can spread it over the sponge.
- Make bark lines using a fork, then chill in the fridge for at least 30 mins.





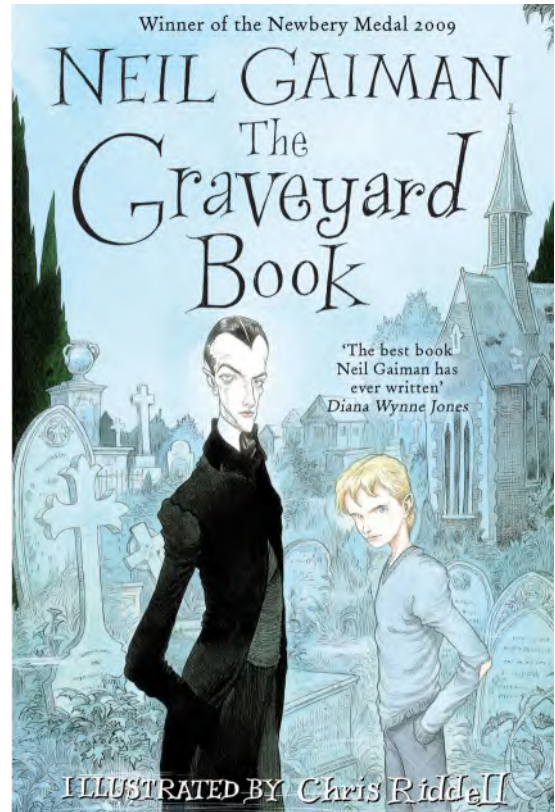
Neil Gaiman

A tale of Family and Friendship

After his family die, Bod is brought up in a graveyard by ghosts – an array of century-spanning characters such as the vampire Silas, who care for him, impart wisdom and even teach body-fading skills. But Bod sometimes goes beyond the graveyard into the world of the living but here his life is under threat from the sinister man Jack, who has pursued him since he was a baby.



The man Jack paused on the landing.



"You're always you, and that don't change, and you're always changing, and there's nothing you can do about it."

Neil Gaiman was born on the 10th November 1960. His works include the comic book series The Sandman and novels "Stardust", "American Gods", and "Coraline". He has won numerous awards, including the Hugo, Nebula, and Bram Stoker awards.

Neil Gaiman is also famous for writing modern Doctor Who episodes such as "The Doctors Wife" (series 6 and "Nightmare in Silver (series 7).





Places to Visit:



Events happening this half term

Canterbury Market

Canterbury Town Centre– take my own picture



The Reindeer Centre

Capralama Farm

<https://www.kentlive.new>

reindeercentre.co.uk

Christmas Light Trail

Hever Castle

Sleeping Beauty - The Marlowe
(marlowetheatre.com)



Panto

Sleeping Beauty at the Marlowe
Theatre (Canterbury)





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 Miss Baker, Miss Gardiner, Miss Hyde, Miss Apps, Mrs Tirimisiu, Miss Appleton, Mrs Rennie and Mrs Waring for sharing their enthusiasm for their subjects.

