

## Year 9: Discover HE at University of Portsmouth

On 18 October our Year 9 students visited the University of Portsmouth to learn more about the benefits of higher education through a mixture of workshops and presentations. The event included an introduction to the University and higher education in general, a tour of the large Portsmouth campus, a question and answer session with some current Student Ambassadors and workshops from the Academic Skills department, Student Finance and the Sport and Recreation department.

This trip offered a great insight into studying at a higher level and is the first of many events our students will be attending at Portsmouth this term.

*"Today has been an amazing experience. I have learned a lot and it has given me many possibilities to think about."*  
Jaz Neesam, Year 9 Student



## Year 10: Sir Ben Ainslie Racing at Land Rover BAR

Ben Ainslie Racing (BAR) was launched in June 2014 in the presence of Her Royal Highness The Duchess of Cambridge. The team was conceived by four times Olympic gold medallist and 34th America's Cup winner, Sir Ben Ainslie, with the long term aim of challenging for Britain and bringing the America's Cup back home to where it all began in 1851. Having secured funding to build their headquarters on the Camber at Portsmouth, the 74,00 square foot building now houses all the team's activities including the Tech Deck and Education Centre. Year 10 students had the opportunity to visit the Tech Deck before dinghy sailing at Portsmouth Watersports Centre.



## News

It has been a hectic but enjoyable start to the year! In late August we shared the success of our ex-Year 11 students, who collectively ensured that the school again celebrated record GCSE results; no mean feat in a year when students undertook probably the hardest exams ever sat by 16 year old children in Maths and English. We are looking forward to seeing them again in November for our Certificate Evening.

A week or so later we welcomed all 204 Year 7 students to the school. Year 7 is our biggest year group and I think the numbers represent the trust parents and children now have in the school to provide a great environment for the five years of secondary school. Nearly all of Year 7 promptly left for camp, returning a couple of days later tired but having met many new friends.

As one year joins the school I am pleased to say I am very proud of our current Year 11 who have hit the ground running in their final year! Each of them has an individualised Period 6 timetable, which means they have selected extra lessons to go to at 2.30pm each day. Nearly all of them have embraced this opportunity and are working hard in preparation for their GCSE exams.

Our annual Open Evening and Open Week events in September were very well attended and I enjoyed meeting lots of prospective new parents and showing them around our school. A great way start to the new academic year!

Mr IR Gates, Headteacher



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## Year 11: D of E

Our Duke of Edinburgh's Award students did themselves proud during the Silver assessed weekend expedition to the Purbecks and certainly rose to the challenge - three days, two nights, walking nearly 50km in some pretty unpleasant weather. The students laughed, joked and cooked their food in the rain, completely unfazed, despite the blisters!

Huge thanks to The Cowplain School staff and the team of volunteers for spending the weekend supporting our students on this expedition - it was such a rewarding experience for them and something to remember for ever.





## Year 7: Camp

At the start of the Autumn term, our new Year 7 students travelled to the Tile Barn Outdoor Centre in the New Forest to experience Year 7 Camp. The Camp focused on ice breaking and teambuilding challenges to help our young students forge new friendships and create lifelong memories. Huge thanks to all the parents who joined us for the BBQ and songs around the campfire, and to our army of amazing volunteers who help run our camps and outdoor education programme.



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## Year 8: Restart a Heart Day 2017

On Monday 16 October members of the South Central Ambulance Service, and Hampshire Fire and Rescue Service firefighters from Waterloo Fire Station, spent the day at The Cowplain School teaching our Year 8 students cardiopulmonary resuscitation, or CPR, and showing them how to give lifesaving care to someone having a cardiac arrest.

In the UK only 8.6% of people survive a cardiac arrest. If we could achieve the same survival rates of countries like Norway, where CPR is taught in schools and 25% survive a cardiac arrest, an additional 100 lives could be saved each week - the equivalent of approximately 5,000 people every year.

We are very pleased to have been able to support this initiative to provide essential training to our Year 8 students - they certainly seemed to enjoy the day! This event was part of a large scale national partnership between all 14 UK Ambulance Trusts, The British Heart Foundation, British Red Cross, St John Ambulance and the Fire and Rescue Service working together to create a truly unforgettable day.



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