

## Resilience Centre at Embers Bushcraft

The Resilience Centre took part in an activity day at Embers Bushcraft, East Meon, on 28th May 2021.

The students participated in a range of activities such as axe throwing, rifle shooting, archery, fire lighting over which the students made s'mores. Lunch was cooked over an open camp fire, followed by hot chocolate.

This experience enabled learning outside of the classroom for the first time in a long time, and all students benefited from an exciting and engaging full day.

Mrs Riley and Ms Alden, Resilience Centre



## EACH B TRIAL



Year 8 Students in 8G and 8H have been taking part in the University of Southampton EACH-B trial (Engaging Adolescents in Changing Behaviour).

The trial is a high-profile and innovative intervention aiming to assess whether we can improve children's health behaviours through a combination of work in science lessons, engagement with practical activities and support from specially trained teachers, in order to help young people sustain a commitment to improved diet and increased physical activity.

The first part of the trial involved students wearing GENEActiv trackers, 24 hours a day for 7 days!

The trial will allow the participating students the exciting opportunity to participate in actual university based scientific research whilst also benefiting their own physical and mental health.

Mr Goddard, Science Teacher

## Open Evening 2021

We are pleased to confirm that our Open Evening will be on **Thursday 23rd September 2021**, from 6pm to 8.30pm.

## Open Week 2021

Our Open Week, is planned for week beginning Monday 27<sup>th</sup> September 2021. During this week, Y6 parents and their children, are invited to have a booked tour of the school during the working day. Invitation letters, explaining the booking process, will be sent to Y6 parents in the Autumn Term.



## News

Dear Parents

Welcome to our final newsletter of the year.

I remember writing this newsletter last year and thinking what an extraordinary few months it had been! Now, one year on, it would be fair to say it has been an extraordinary 16+ months!

I know I wrote this in my recent letter to you to explain how the school would operate in September, but I want to take this further opportunity to thank a number of stakeholders in the school. Firstly, our young people have worked admirably through a year that, to use that now familiar word, has been 'unprecedented.' No one could have predicted the changes that needed to have been made to schools but it is testament to the character of our children that they adapted to the situation really well.

Likewise, no teachers or members of our support staff have had to work under the conditions that were necessary this year but, just like our students, they adapted from the very first lesson. I dread to think how many miles each teacher has walked, and sometimes run, during the year to get from one classroom to another; certainly, I know a few have worn out more than one pair of shoes!

Lastly, I would like to thank you parents for your support. As a parent of two children myself I completely empathise with you and understand the concerns and anxieties that many of you will have understandably felt at times through the year. I trust, from the correspondence I have had with many of you, that you feel the school has supported you and your child as much as possible throughout this year. I also know that we are not, unfortunately, returning to school in September with the pandemic over and it is our aim to continue to support our families in the future as much as we can.

Finally, we shouldn't let COVID completely define the year we have had in school as we have continued to do many of the things, with a few exceptions of course, that we have always done. So, children have learnt, made friends, played sport, created art, read books, danced, conducted experiments, acted, solved problems and spoken a foreign language, just like in any other year! I have complete confidence that they will emerge from the pandemic as confident and successful young people.

As always, I thank you for your support and look forward to continuing to work with you in the new academic year.

Best wishes.

Mr IR Gates, Headteacher

**Work hard. Enjoy learning. Achieve highly.**



**THE  
COWPLAIN  
SCHOOL**

[www.cowplainschool.co.uk](http://www.cowplainschool.co.uk)

## Duke of Edinburgh Award



**Reminder:**

**Summer Holiday:**

**Friday 23rd July 2021 to  
Wednesday 1st September 2021**

**School reopens, with staggered  
year group starts, from  
Thursday 2nd September 2021**

*(Week 1)*

**Work hard. Enjoy learning. Achieve highly.**



**July 2021**

## Mars Balloon 2021

The Cowplain School won the 2021 Secondary School Innovation Award for the 'Detecting Radiation with Film' experiment in the Mars Balloon Project!

In May, the Y8 students entered the Mars Balloon Project where schools were asked to develop ideas for technologies that could one day be destined for Mars. The ideas were then launched on high altitude balloons 30km up into the Earth's atmosphere, with conditions similar to the surface of Mars. The aim was to see how the low pressure and high radiation levels could affect them. From all of the Y8 classes we decided on sending the following; a photographic film covered in different materials to investigate which material will provide better protection against radiation for our astronauts; a vial of the buffer solution from a Covid lateral flow kit to see if it could still provide a valid test result, a game cartridge to see the effect of radiation on the stored data, lipstick to find out if the change in pressure affects how it works and some popcorn kernels to see how food could survive the journey.

With the students anxiously awaiting the return of their experiments, we had exciting news that The Cowplain School had been chosen by Helen Sharman (chemist and astronaut who was the first British person, first Western European and first privately funded woman in space and first woman to visit the Mir space station) to receive the 2021 Secondary School Innovation Award for the Detecting Radiation with Film experiment.

This is what Helen Sharman had to say:

*"How radiation is absorbed by different materials and how radiation can be detected demonstrate a variety of scientific concepts and practical implications, including, in this case, the protection for humans of Earth's atmosphere. Whether it is treating hospital patients, detecting smoke in our homes, keeping astronauts healthy on long distance space missions or just thinking about what radiation is, this experiment can spawn a host of ideas in our scientists and engineers of the future."*

We are now awaiting our delivery from space so that we can analyse our results further. We cannot wait until next year to develop more ideas for future scientists and engineers to explore.

Flick Drummond, MP, Meon Valley, visited the school and congratulated the students on their achievement.

Mr C Dacin, Science Teacher



## Jake's Soap Box



We are very proud of our Year 8 student, Jake Hadfield, who has set up his own business.

Jake sells artisan soaps and is donating all funds raised to The Captain Tom Foundation through the 'Captain Tom 100 Challenge'.

Recently, Jake gave Cowplain staff the opportunity to buy his soaps, raising over £100. In total, Jake has raised over £350, however his goal is £500.

Great entrepreneurial skills, Jake!

Mrs Connell, Head of ICT



## Y11 Football Tournament

We held a very successful 5-side tournament with our outgoing Year 11s. Four teams entered and each played the others in a round-robin format to create a league. The winner of the league then played the fourth placed team with the second placed playing the third team, in two semi-finals. We then played a final and third place play off. After 5 gruelling games, played in 30 degree heat, the winning team, of Henry, James, Brodie, Charlie and Sharaf, pictured right, emerged victorious!

It was a great day played in good spirits and so a huge well done to all that took part.

Mr I Gates, Headteacher



## Y11 Leavers BBQ

On Tuesday 22nd June we welcomed back over 100 Y11s for a celebration BBQ despite the changeable weather. It was good to see them back and catch up with them. Tutors awarded certificates to a select group of students, which were awarded for memorable events over the last couple of years. The food was great but the company was better!

All students that attended left with a Leavers Book, along with the hoodies they had ordered.

A BIG thank you to all those staff who made this afternoon so special.

Good luck and all the best to 'The Class of 2021'.

Mr M Simmons, Y11 Pastoral Leader



## Jukebox at Victorious

Jukebox have been invited to perform at Victorious on Saturday 28th August from 11.15am to 11.45am on the HSDC Stage. If you are planning to attend Victorious, please go along to the HSDC Stage and support our students.

