



QUEEN'S PARK HIGH SCHOOL NEWS

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MAY/JUNE 2021

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We are on Twitter. Follow @QPHSchester to keep up to date with our news

WELCOME “



Here we are at the end of another half term, I think we are all very much looking forward to a welcome break, hopefully with some sunshine too!

As I write, this is the last ‘academic’ day for our Year 11 and 13 students, the end of an era in their educational journeys. Over the last few weeks they have shown such maturity and commitment towards their assessments and we are very proud of everything they have achieved. Well

done to all and we look forward to welcoming you back for your leavers’ celebrations after half term.

As well as saying our goodbyes, we have also been saying some hellos too! On Wednesday evening this week, we hosted our ‘virtual’ Year 6 Induction Evening and were delighted to ‘see’ so many of our new starters and their families on screen, eager to find out more about life here at Queen’s Park. With over 130 students joining us in Year 7 next year, our school community continues to grow and thrive, with student numbers returning back to the high 600s for the first time in over six years. This is great news for us as a school, reflective too of our desire for QPHS to be the school of choice within our locality. We look forward to welcoming our new Year 7 into school for their transition days in June and the Summer School in August. Exciting times ahead!

Covid-19

Thank you for all the support we have received in relation to our updates and guidance around Covid-19. We have been able to ensure that school has remained a safe place and it is important that we continue to be vigilant over the coming weeks as life begins to open up further. Could I please encourage students to continue to test twice weekly over the half term holiday and before school on Monday 7th June. A letter with further information about testing has been sent out, please refer to this for further guidance and key dates.

The final half term...

As we enter the final half term, we will be continuing to focus on our core values, for our students to be ‘Prepared, Engaged, Respectful’. Could I please ask for your support in ensuring a prompt return to routine from Monday 7th June. We will be focusing upon punctuality to school and lessons, ensuring students have the correct uniform and equipment and are therefore ready to learn. In relation to mobile phones, now that the weather is improving, we will be reintroducing our policy whereby students are only permitted to use their mobile phones at break or lunchtimes outside of the school building.

Students will also have the opportunity to get to know our new headteacher Mr Kearns, who will be spending some time each week here at QPHS getting to know the school. You can also find out a little more about him on the next page as he introduces himself to you all.

I hope you all enjoy this bumper edition of the newsletter and I hope you are able to have a restful and enjoyable half term. ”

Miss Watterson, HEADTEACHER



£8.8K GRANT AWARDED

Student support through lockdown

During Lockdown 3 at the start of the year the school was approached by the Chester Bluecoat Charity and invited to apply for a grant to help support the school through the pandemic crisis.

Moving forwards we knew that supporting our students both through lockdown and beyond was a paramount area of focus and as such, we placed a bid for money to purchase 10 laptops, mental health workshops, resources and equipment. We were delighted to discover that our bid was successful.

“With this kind and generous donation we have been able to design a support programme which will run through into September of the new school year; as always the generosity of local benefactors never ceases to amaze! ”

Mr Yeoman, Assistant Headteacher

We look forward to continuing to support all of our students with the recovery process both educationally and in terms of their welfare too.

“The Chester Bluecoat Charity has been delighted to help local secondary schools in Chester, including Queen’s Park High School, in supporting their students and staff during this very difficult period. The aim of the charity is to encourage and strengthen the Chester community and the trustees are proud to have been able to do so at such a challenging time.

Katherine Matheson, Charity Manager ”



INTRODUCING OUR NEW HEADTEACHER

A warm welcome to Mr T Kearns

“ It gives me great pleasure to introduce myself as Queen’s Park High School’s new Headteacher.

I come from a large, close and loving family, which has instilled the values that I bring to this role.

I join Queen’s Park having started my teaching journey 17 years ago and have had numerous middle and senior leadership roles, notably, Senior Assistant Principal and Deputy Principal at Hodgson Academy; an Ofsted rated ‘outstanding’ school. In addition, I was designated as a Specialist Leader of Education, supporting schools across Blackpool and the Fylde Coast.

For the past 5 years I have held the position of Deputy Headteacher at The Westleigh School. This school has been on a journey of rapid improvement and, for two years, has been the most improved school in Wigan.

From the moment I walked through the doors at Queen’s Park High School, both staff and students were so warm and welcoming, it filled me with such joy and gave me an overwhelming sense of having arrived home.

The journey of Queen’s Park High has been one of continued and sustained improvement and I am determined to carry on driving forward to ensure our students receive the very best education. It is vitally important to me that when students leave us, they have spent many happy years here and are qualified and equipped for wherever their future takes them.

My vision is for each student to be recognised for their individual brilliance and celebrated for their achievements. I want your child to enjoy learning and for you to continue to watch your child develop into a successful adult of the future. As a parent/carer, you make a very important contribution to your child’s achievements in school.

I will strive, with your support, to continue to develop strong relationships between school and parents for the benefit of all our young people.



In September I will be holding a number of parent/carer coffee mornings and other opportunities to enable us to meet and discuss my vision and plans with you personally. The dates will be published in the new academic year so, if you have the time, please join us.

It is my intention to spend a number of days at school during the summer months working with Miss Watterson, the staff and the governors. This will help ensure a smooth transition in September.

I know it is going to be a privilege to be your Headteacher and I am looking forward to being a part of your child’s future development for many years to come.

”

Mr T Kearns



“ From the moment I walked through the doors at Queen’s Park High School, it...gave me an overwhelming sense of having arrived home. ”

Students' work selected for publication

In March, five incredibly brave Year 7 students from Mrs Ikpeh's English class submitted their own mystery stories to the Young Writers Competition. This is a fantastic national writing competition that aims to encourage young people across the UK to engage in creative writing and share their outstanding work.

The students took on the ambitious challenge of writing a mystery-crime narrative in only 100 words! We are absolutely thrilled to announce that from these five students, Healy Smyth, Evan Miller and Charlotte Hunt's stories were selected for publication. Out of hundreds of entries from across the UK, their stories will be appearing in the Young Writers national publication 2021!

In the spirit of competition, the achievements of these students have inspired the rest of the class to take up the challenge of participating in the next competition - The Foyles Young Poets. This is yet another opportunity for our students to accelerate their writing career! Hosted by the Poetry Society, this competition aims to seek out the most promising young literary talent in the UK. Watch this space as we hope to prepare our students to take on the challenge, and show the world the best of their literary abilities!



BOOKFLIX CHALLENGE

For the love of reading

In January, Year 9b1 took part in a competitive challenge that would test their perseverance, commitment and reading skills! Mrs Ikpeh set them on a mission which would encourage and inspire a love for reading.

From a total of 35 students, Daniel Halewood claimed first place having read a whopping 27 books in 60 days!

What an amazing achievement, - well done Dan!



Life in LOCKDOWN



LIVING HISTORY

Connecting classrooms across the world

You may remember that back in 2019 (before international travel became a pipe dream!), Mr Yeoman visited Lahore in Pakistan to forge links with the Lyceum School and their Headteacher Bushra Anis Naqvi.

Following the 'incredible' trip and despite travel restrictions Mr Yeoman was keen to continue building the partnership and sharing experiences. But how?

Flashforward to April 2020 when we welcomed students back to school...Miss Worthington's Year 7 tutor group were bursting with stories about their experiences of 'Life in Lockdown,' so this seemed like the perfect experience to share.

Armed with memories of toilet roll shortages, Joe Wicks' workouts and hearts full of gratitude for our key workers, they set to work writing letters to Bushra and her students, during their English lesson.

Jack explored the impact of mask-wearing, Coral told the story of her family's daily exercise and Phoebe championed Sir Tom Moore and his inspirational achievements.

These letters and more will soon be embarking on their long journey to Pakistan and we are fascinated to receive replies to learn more about 'Life in Lockdown' 5,402 miles away!



Maya Smith W7WOR
LIFE IN LOCKDOWN

Dear Bushra

My name is Maya and I am a Year 7 pupil at Queen's Park High School. As I am sure you are aware of on the 23rd March last year, the UK went into lockdown. I am writing today to tell you and your students about all my experiences.

During the start of lockdown rules and restrictions were put in place including wearing face masks in public areas and keeping a 2 metre distance from others. Non-essential shopping (clothes shopping for example) was not allowed in the attempt to try and help stop the spread of the coronavirus. Only big industry shops (like Tesco, a general supermarket with food and home appliances) were allowed to stay open.

Something that I think is really important, especially now, is our mental health. We need to be aware of our own mental health and each other's mental health (as well as physical health). One way I coped with my mental health was keeping in touch and seeing my friends while restrictions were lowered. I also advise that you make the most of what you have. If you get the chance to see your friends and family take it but you must make sure that you are not putting others at risk. I also tried to make sure to do things that I enjoy - my hobbies: drawing/painting and listening to music are the two main ones I did.

One of the things that I missed (which linked with school) was my SATs which I was supposed to take in Year 6. After the SATs I was supposed to go on a residential as some sort of reward. I hope this letter helped to tell you about my experience.

Your sincerely
Maya

CONNECTING CLASSROOMS

19.03.21

UK: Life in lockdown

Dear Bushra,

My name is Phoebe, I am a Year 7 pupil at Queen's Park High School. As I am sure you have seen on the news, on the 23rd of March last year, the UK went into lockdown. I am writing today to tell you and your students all about my experience.

As soon as we went into lockdown rules and restrictions urgently took place. We couldn't see our friends and families, exams were cancelled, we had to keep a 2 metre distance with everyone and wear facemasks. This all affected our mental health! Unlike me, some people did not cope well during this pandemic. People went crazy over essential and non-essential items e.g. toilet roll, washing up liquid, soap and loads more.

Lockdown eventually started to ease, when schools started online learning to prevent the virus. In my opinion school has been great online, because we still got to see our teachers and communicate with others over brilliant screens. Overall, school has been quite stressing, as schools overloaded us with too much work.

Me and my friends over lockdown I called/facetime'd everyday. This put a smile on my face and made me feel good. So many people need to be thanked and appreciated for doing so much for the UK, the NHS for saving thousands of lives, Captain Tom Moore for raising money for charity in the run-up to his 100th birthday, Joe Wicks for keeping us exercised and healthy, keyworkers for keeping the economy going and supporting the UK in general. Thank you to our lockdown heroes.

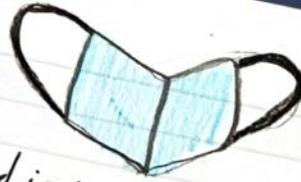
My friend's Mum is doing an amazing job at vaccinating everyone she can. Hopefully we will all have been soon, I can't wait for things to go back to normal.

Yours sincerely,
Phoebe Ryder
W7 WOR



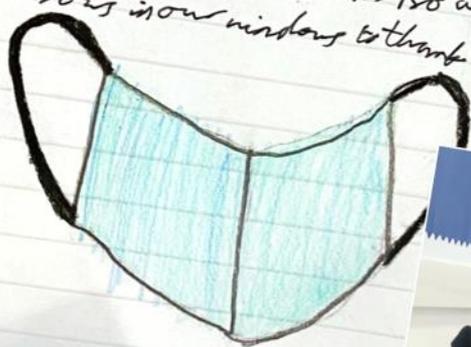
Life in LOCKDOWN

Dear Bushra,



My name is Annabel and im in year 7 at Queens Park High School. Lockdown has really effected me and my class and we have missed alot and I am going to tell you why and what. At first I didn't know about co-vid as I don't watch the news but I did find out eventually when our Primary teacher told us about it. He said he wouldn't have to go into lockdown anytime soon, but we then did and had to home school. We missed our residential and SATS before being able to return just before we went to Q.P.H.S. During this time the UK & overnment had put some measures in place: having to wear face masks inside shops and school, social distancing and if you got it you couldn't leave your house. Going into high school was different and strange as it felt more open and my best friend went to a different school, but all my other friends went to my school aswell as another friend I had since I was little. At one point we had to go into another lockdown and had to have lessons online which wasn't fun as we had to use teams, an online tool when we could call and set work, and soon we were back and had to test for it. Lockdown is definitely something I won't forget and neither will everyone around me. Thanks to key workers and the NHS we are now on the track to getting out of this and having a defence against co-vid. I for one can't wait to stop wearing face masks. We can't thank Key workers and NHS, so at night sometimes we all sleep and draw rainbows in our windows to thank them.

Yours sincerely
Annabel
Year 7





The Masked Reader

Guess who?

This year, World Book Day went digital as we found new ways to spread the joy of reading! Teachers and support staff went undercover for a brand new fun feature to capture the minds of students. The English department were proud to introduce, *The Masked Reader!* A competition to engage students based on the TV show, *The Masked Singer*, where Queen's Park High School staff shared video clips of themselves reading excerpts from their favourite books. The catch? They were all in disguise, thanks to a range of quirky filters to hide their faces and distort their voices.

Tutor groups then took part in a competition to identify as many members of staff as they could, Extra points could be gained if students could name the title of the book and the author!

If you would like to see the video clips, please visit *The Masked Reader* on our YouTube channel: <https://youtu.be/2vteCQkAZ1A>

Virtual Library

To further encourage a love of reading, Mrs Cogger has also shared a virtual library featuring a whole variety of texts that she thought Key Stage 3 and Key Stage 4 students would love.

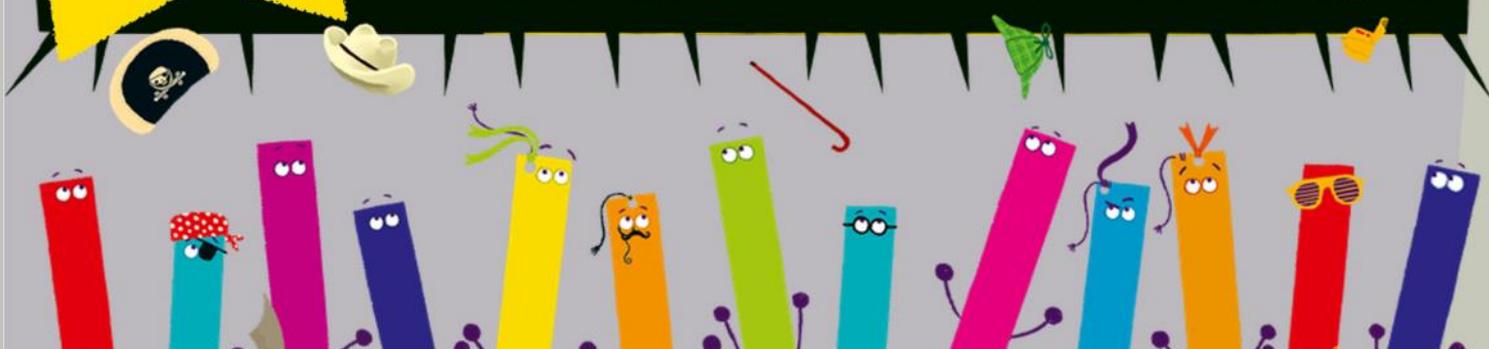
Each book showcased links to either an extract of the book, or a video of the author reading aloud. During morning tutor time, tutors discussed the books that they have most enjoyed – in their younger years as well as now – and students shared their recommendations for a riveting read!

To view the virtual library for KS3 & KS4 students, please visit our website: <https://www.qphs.co.uk/page/?title=English&pid=47>
The link to the library is under the heading *Useful Resources to Support Learning* on the English Curriculum page.

WORLD
BOOK
DAY

4 MARCH 2021

WORLD BOOK DAY!





**NATIONAL
BOOK
tokens**

SHARE A STORY

A Love for Reading

World Book Day took place on 4th March with the theme to 'share a story'. This year's theme is in response to the coronavirus pandemic and encourages children to share a story with those that they live with.

World Book Day is a charity funded by publishers and booksellers in the UK and Ireland. Their mission is to give every child and young person a book of their own and aims to change lives through a love of books and shared reading.

The charity is sponsored by National Book Tokens and works in partnership with schools, book publishers and booksellers to provide over 15 million £1 World Book Day book tokens to children and young people. These tokens can then be swapped for free, new and exclusive world book day books from participating booksellers.

With the help of Mrs Melhuish-Jones and library staff, Mrs Ikpeh collected over 70 brand new books, which she signed and gifted to her Year 7 English classes to share and inspire a love for reading. Even though the books were for Easter reading, the students couldn't wait to get stuck in!



PLANT BIOLOGY

Dissection & seed dispersal



This term in science, our Year 7 students have been plant biologists discovering all about the pollination of plants.

During their lessons, students have taken part in an exciting practical lesson where they each got the opportunity to dissect a flower and remove all the various sections. Whilst working in groups, they were set the challenge to examine, find and name all the different parts of the flower.

During the session, students were able to identify the stamen and pollen from the flower and a number of students managed to cut open the carpel to find the ovary of the plant - a fascinating discovery!

Following on from this, students have been learning about the importance of seed dispersal. In their groups, they have investigated how the size of the seed changes the distance the seed will travel and made predictions using scientific understanding as to what they thought would happen. Some were quite surprised by the results!

“ I think the biggest seed will travel the furthest because it has a larger wing span for catching the wind on. ”

Octavien Berry, Year 7 student



“ I didn't realise DNA could be extracted from a banana so easily ”

Amy Hunt,
Year 7 student



HANDS ON DISCOVERY

Extracting DNA from a banana!

Year 7 students have been studying the topic of reproduction and inheritance this term. As part of this theme, they have been learning about the reproductive systems in animals and plants and were given an exciting opportunity to spend one of their lessons dissecting a plant to discover all the organs. They have also studied the different techniques plants use to disperse their seeds and the role of insects in pollination. Finally, students have been learning all about DNA and inheritance so they can describe how characteristics are passed on.

During another practical session Year 7 students were given the challenge to extract the DNA from a banana using simple equipment that you can find at home. Students used a pestle and mortar to crush the banana with salt and washing up liquid, then left this mixture to soak in warm water. They then filtered the mixture to remove any large chunks of banana. The final exciting step was adding ice cold ethanol to the filtered banana and as if by magic, students could see white cotton-like strands appear in the test tube! They'd extracted banana DNA!



“ It has been great to see year 7's fantastic engagement in practical work to develop their key investigative skills. ”

Miss Sutton, Achievement Leader for Science

fun FACTS

DID YOU KNOW...

- ◆ DNA stands for deoxyribonucleic acid and is found in all living things!
- ◆ 50% of our DNA is the same as a banana!
- ◆ If you uncoiled all the DNA in a human and put it end to end, it would stretch 10 billion miles!



“ It was really exciting to see the DNA form as I didn't know you could see DNA . ”

Anna Beneroso Del Valle,
Year 7 student

“ I was fortunate to be involved with some training with Angela over ten years ago. Her innovative approaches, including paper folding to demonstrate properties of shape as well as fractions, is something I’ve used many times over the years. Now Queen’s Park High School’s maths team have got onboard, our students can expect to experience some of these creative approaches themselves.

Mr Johnson, Teacher of maths

”

MATHS GETS CREATIVE

Practise What You Teach

Staff and students are put to the tetrahedron test and get creative to inspire innovative ways of teaching and learning maths.

In February, the maths department welcomed Angela Gould, a lecturer on the PGCE maths course at Manchester University, for some virtual training on strategies to make fractions and ratios more engaging in the classroom.

Angela demonstrated how it was possible to make a series of tetrahedrons (triangle-based pyramids) using two pieces of A4 paper. Now for the maths. . .

The premise is based on the ratio between the shorter and longer sides of a piece of A4 paper being in the ratio 1 to the square root of 2 (this is true for all standard sizes of paper e.g. A5, A6 A3, A2, A1, A0).

The biggest tetrahedron was made from a whole sheet of A4, then each subsequent tetrahedron created from half the sheet that was used to make the previous shape. This meant that theoretically, an infinite number of tetrahedrons could be made, with each getting progressively smaller.

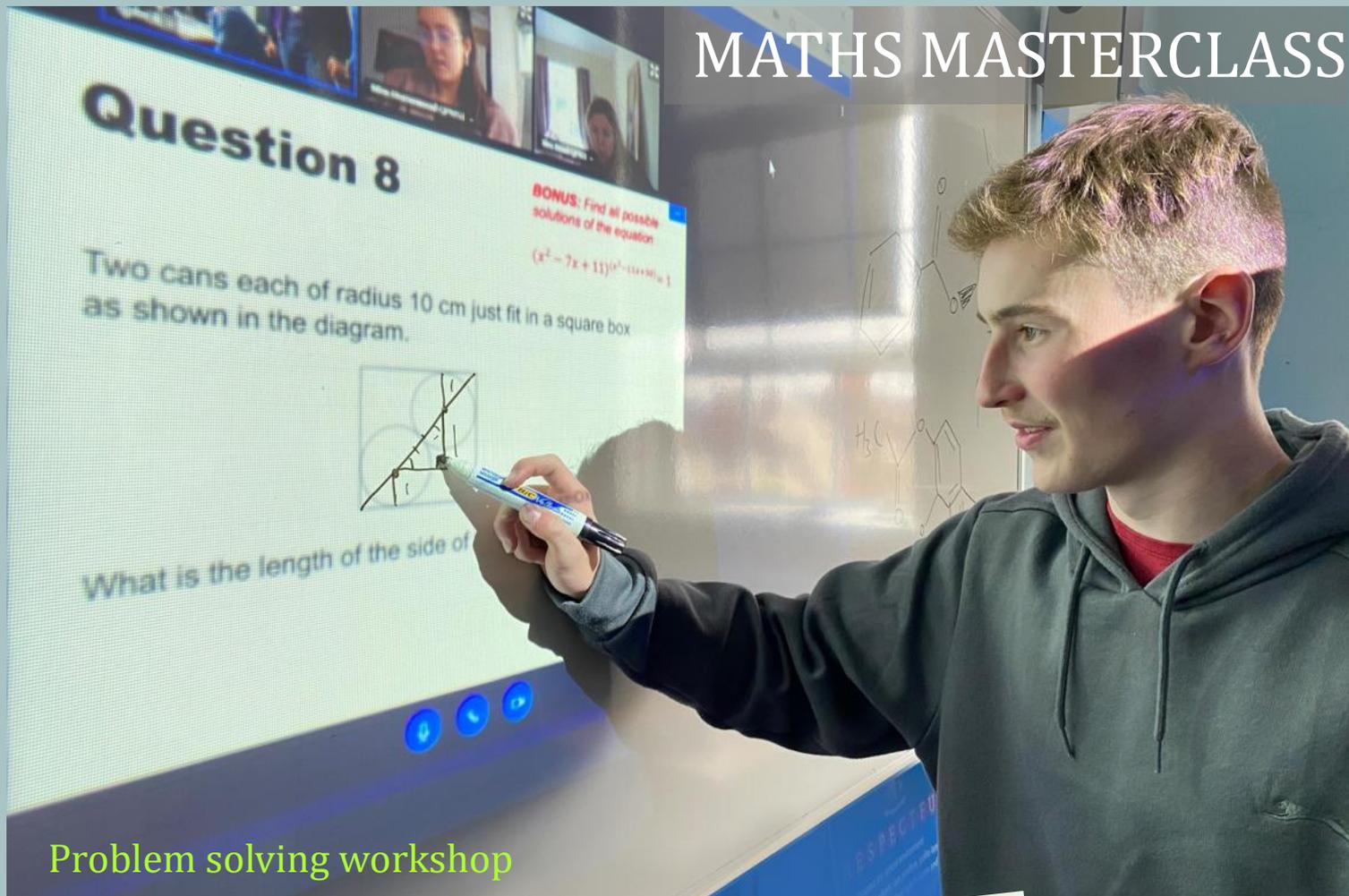
Mr Johnson, Teacher of maths at Queen’s Park, put his paper folding skills to the test and managed to construct a total of 8 tetrahedrons from the two sheets of paper!

Since the training, Mr Johnson has piloted the activity with Year 12 further mathematicians. During this practical session he has already had his personal best beaten by students Kiara Parlevliet and Eirinn McGuire, who managed to create an amazing 11 and 10 tetrahedrons respectively!

How many could you make? Do try this at home!



MATHS MASTERCLASS



Problem solving workshop

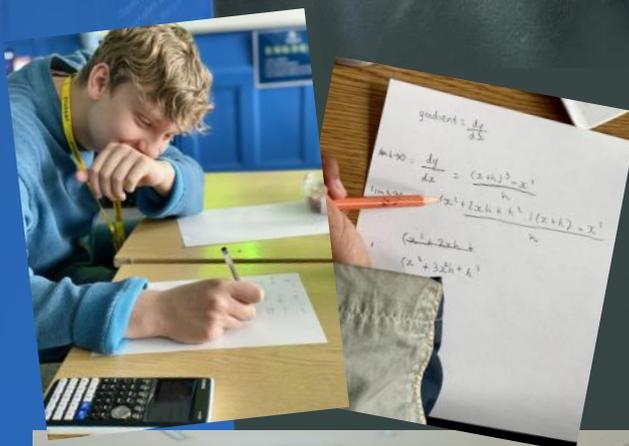
On Thursday 29th March, Year 12 A level Maths students took part in the annual problem solving masterclass delivered by Dr Martin Bamber from the Advanced Maths Support Programme (AMSP) and supported by a team of trainee maths teachers from the University of Chester.

For the past three years Queen's Park has hosted the event, however due to the current restrictions this year the session was led remotely and our students participated online, along with students from The Catholic High School, Chester.

Due to the record number of students studying maths at Queen's Park this year, three teams were formed led by Beth Henderson-Palmer, Eirinn McGuire and Rory Jones, with each team competing to find the correct solutions to the problems set.

There were questions relating to coordinate geometry and differentiating as well as two rounds of a 'dragon boat' quiz where each team was only given the next question after successfully answering the previous one. There were also questions on rationalising the denominators of fractions, indices, perpendicular bisectors and solving quadratic equations!

Thanks once again to Dr Martin Bamber and the team of Chester University students for organising an excellent day.



“ Every student was engaged during the afternoon and enjoyed the challenge of the tasks that they were set. Although competition was tough, I'm delighted to say that Team A led by Rory Jones, worked through their break, answering all questions correctly and finished first out of all the schools that took part. ”

Mr Johnson, Teacher of maths



NATIONAL AWARDS

UK Mathematics Challenge

Let's cast our minds back to February 2020 pre-lockdown, when 70, Year 9 and 10 students joined thousands of students across the UK to take part in the UK Mathematics Trust Intermediate Maths Challenge.

The Intermediate Maths Challenge is run by the United Kingdom Mathematics Trust (UKMT) and contains a variety of multiple choice problem solving questions designed to make students think and encourage mathematical reasoning, precision of thought and fluency in using basic mathematical techniques to solve interesting problems.

As has come to be expected at Queen's Park, our students performed extremely well in this challenge, but unfortunately following school closures due to Covid, they were unable to be awarded their certificates.

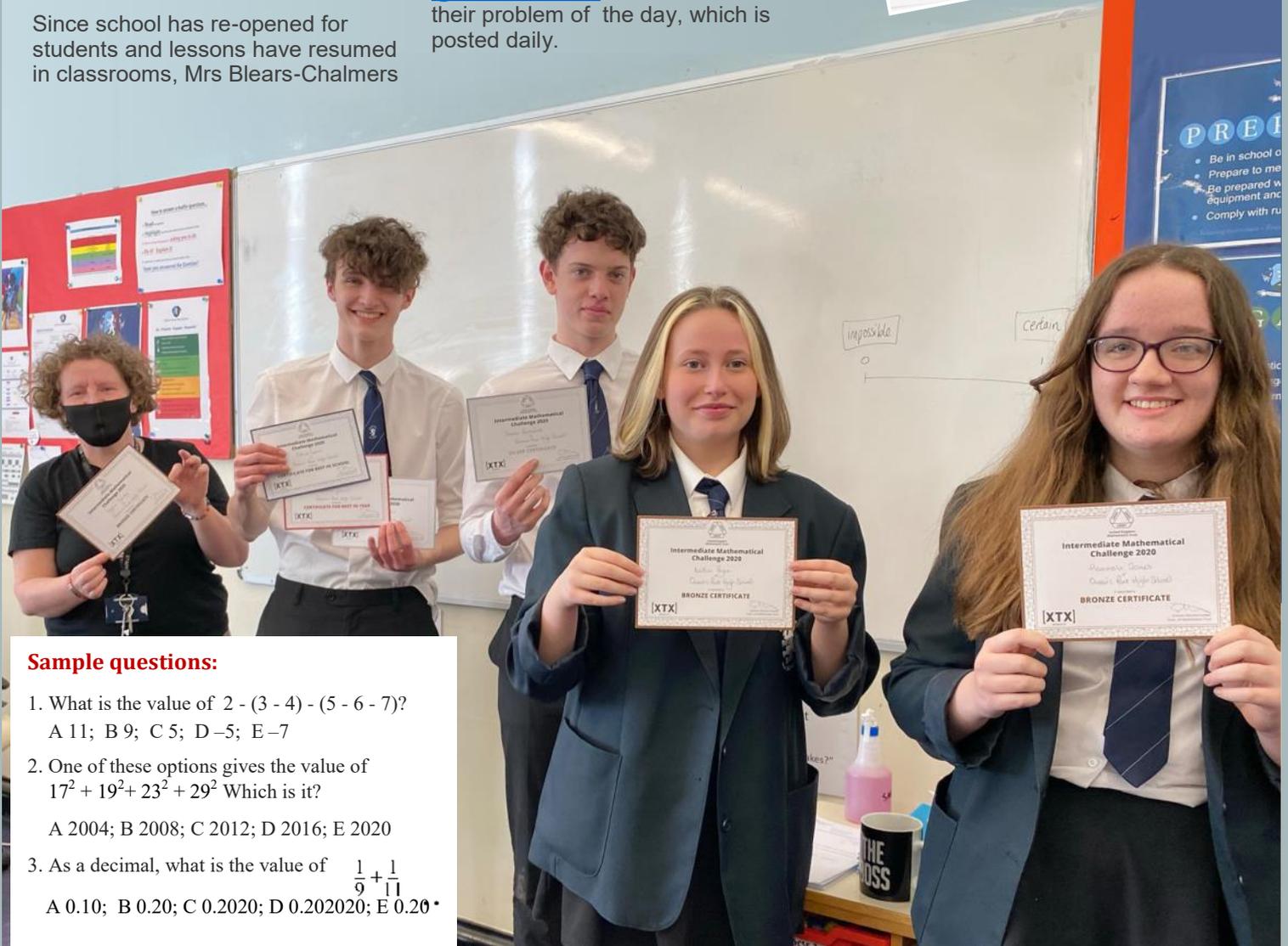
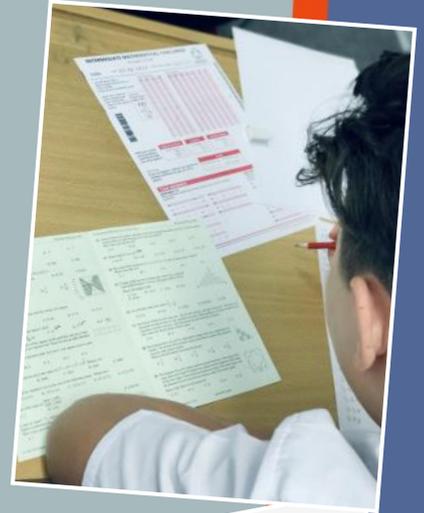
Since school has re-opened for students and lessons have resumed in classrooms, Mrs Blears-Chalmers

was delighted to present the long awaited certificates to our very patient mathematicians.

Congratulations to all our award winners especially, Cari Gwenter, Hannah Jones, Dylan Canty and Kaitlyn Price who each receive bronze awards and James Parlevliet who receives a silver award. We must give a special mention to Callum Lewis in Year 10 for his outstanding performance and who receives three awards: *Silver, Best in Year* and *Best in School!*

What a phenomenal achievement! Well done to everyone who took part!

If you would like to practise your problem solving skills, we encourage you to visit: <https://www.ukmt.org.uk/competitions> where you can look at past competition question papers and answers, or you can follow [@UKMathsTrust](https://twitter.com/UKMathsTrust) on twitter and solve their problem of the day, which is posted daily.



Sample questions:

1. What is the value of $2 - (3 - 4) - (5 - 6 - 7)$?
A 11; B 9; C 5; D -5; E -7
2. One of these options gives the value of $17^2 + 19^2 + 23^2 + 29^2$ Which is it?
A 2004; B 2008; C 2012; D 2016; E 2020
3. As a decimal, what is the value of $\frac{1}{9} + \frac{1}{11}$?
A 0.10; B 0.20; C 0.2020; D 0.202020; E 0.20*



UCAS

PATHWAYS TO SUCCESS



Year 12 Futures

On Wednesday 5th May Year 12 students spent the morning researching the different pathways for their next steps after sixth form.

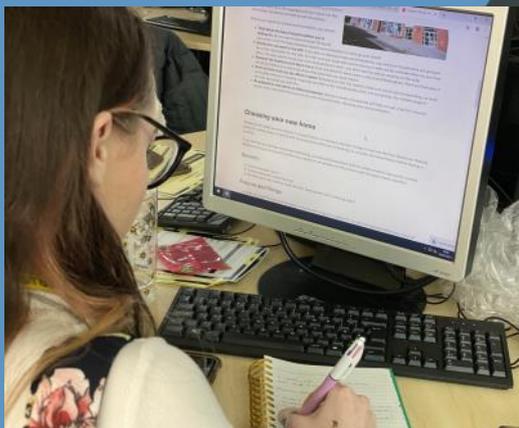
During a whole group session, students began by testing their geography knowledge as they tried to identify the locations of all the different university cities around the UK. Students had the opportunity to log on to the UCAS hub to investigate the 35,000 different courses that are on offer from UK universities.

They were also able to explore the range of apprenticeships that are available including degree apprenticeships. One group of students decided to try their hand at UKCAT questions which is a prerequisite for entry into Medicine and Dentistry degrees.

The session enabled Year 12 students to broaden their ideas and future aspirations of what they may do after finishing their education at Queen's Park High School.

“ This is just the start of a supported journey which allows our sixth form students to find a place on their chosen career path. ”

Mrs Prydden, Head of Sixth Form



THE PLEDGE
CHESHIRE AND WARRINGTON

Industry Insights: Jobs within the NHS



Scan the QR code to see all NHS careers

Students 'live chat' with industry professionals

Whether you've always wanted to work in the health sector or have never thought about it before, the huge range of careers in the NHS will amaze you! There are clinical and non-clinical careers available. You could work on the front line on a ward or never see a patient and still make a difference to people's lives.

Working in Partnership with The Cheshire & Warrington Pledge, on Tuesday 27th April, students in Year 10 and Year 12 took part in *The NHS Industry Insights Day* to find out more about jobs within the NHS. During the day, students learned about the NHS values, the wide range of careers available and the routes and pathways open to them. They also got an understanding of how the application process works.

Using the Learn Live platform, students engaged in live video streams and live chat with industry professionals.

During the speed meet session in the afternoon, students had the opportunity to meet virtually with a multitude of NHS staff including a nurse, physiotherapist, GP, paramedic, pathologist, porter, domestic operative, medical engineer, security officer and IT support.

For more information about wider career options, routes and pathways across all sectors of industry, please visit the Queen's Park High School Learn Live Page which can be accessed via our school website or visit: <https://learnliveuk.com/partner/queens-park-high-school/>

For more information about Careers Education, please email: a.watts@qphs.co.uk

If you are an employer and are interested in finding out more about The Pledge, please email roderick.hamilton@871candwep.co.uk





“ Where else can you be part of a service that interacts with almost 1.5 million patients every 24 hours? The NHS Industry Insights Day enabled me to understand the values of the NHS and the wide range of career opportunities available to me. ”
 Year 12 student



PSHCE

Performance in Education

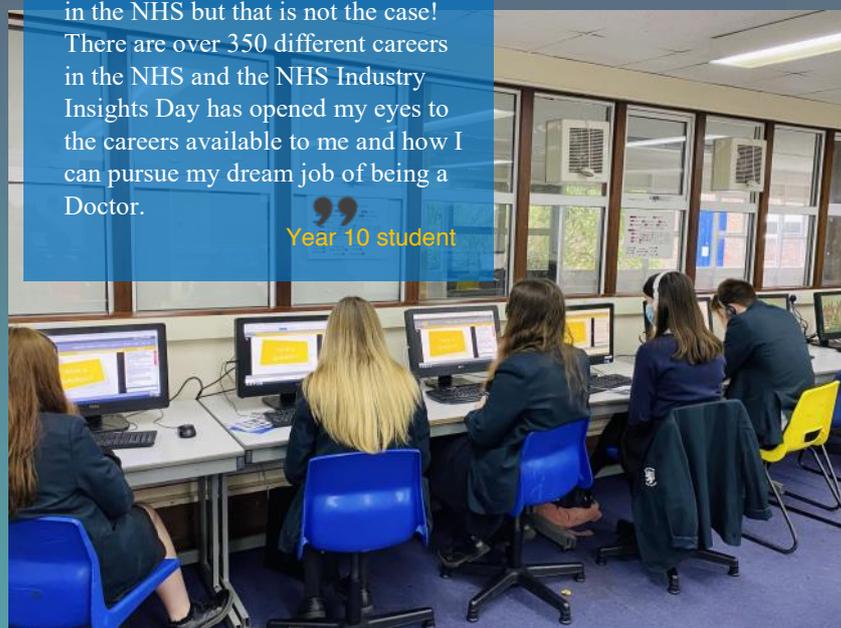
Two thirds of all fatal accidents involving children are a result of road collisions. The only way we can have any impact on this is to educate from as early an age as possible. Performance in Education is an effective way to engage with young people, stimulate learning and inspire involvement.

During their PSHCE lesson, Year 7 students took part in a virtual road safety theatre workshop. Their production entitled, 'Streetwise' was an engaging opportunity for students to explore risk, responsibility and consequences as a pedestrian. This will hopefully enable them to make informed decisions, manage their personal safety and understand how their behaviour affects those around them.

“ The show was really fun, I learnt a lot about how to keep myself safe when using the roads and it made me think about my own personal safety and how I act. ”
 Year 7 student



“ I thought I needed a degree to work in the NHS but that is not the case! There are over 350 different careers in the NHS and the NHS Industry Insights Day has opened my eyes to the careers available to me and how I can pursue my dream job of being a Doctor. ”
 Year 10 student





GLOBAL ISSUES

How clean is the air we breathe?

As part of the Key Stage 3 curriculum in geography, Year 9 are currently studying 'global issues'. This module tackles the hard hitting environmental issues the planet faces due to human activity.

Over several lessons students studied air pollution and used this opportunity to conduct fieldwork on school grounds. The aim of the investigation was to prove whether or not there was a relationship between traffic, the quality of the environment and air quality levels. During the lesson students collected a variety of data including vehicle counts, an environmental quality survey as well as using secondary data sources to measure air quality back in the classroom.

Year 9 were able to prove that there is a relationship between traffic, the quality of the environment and air quality. On Queen's Park Road students recorded low to moderate levels of traffic, a high environmental quality and low levels of air pollution!



Restore our earth

Earth Day is an annual global event, observed on April 22, when we celebrate the environmental movement and raise awareness about pollution and ways to maintain a clean habitat.

At Queen's Park High School Earth Day saw geographers across the 3 key stages take part in a range of studies focusing on the theme, 'restoring our earth'.

Year 10 are currently studying the potential of sustainable cities and the benefits of minimising human impacts.

Year 7 and 8 have been challenging their perceptions of the planet asking themselves the question 'why are we wrong about the world?' and lastly sixth form geographers throughout their studies in human and physical geography have been assessing the impacts of humans on the world's physical landscapes and the impacts of climate change on people's resource needs; food, energy & water!

How will you try to actively repair our global ecosystems?



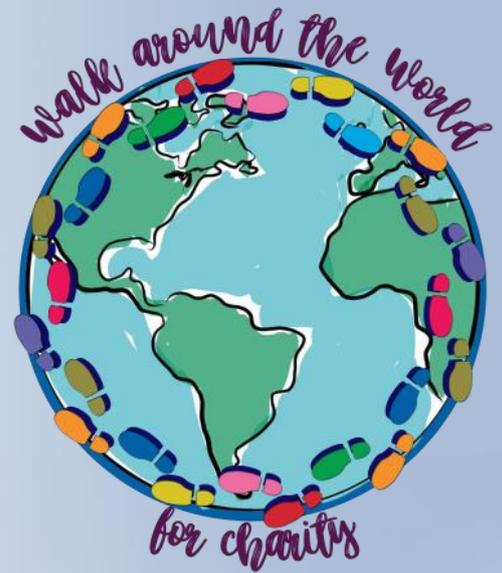
EARTH DAY
APRIL 22



Student Leadership Team

“ A fantastic effort made by all! We’d like to thank everybody that has contributed in some way towards our goal. Centrepoint and our very own PTA will greatly appreciate the money raised. ”

Chloe Roberts,
Student Leadership Team



WALK AROUND THE WORLD

Whole school fundraising fitness challenge

Students test their stamina as they walk, cycle, run and row a total of just over 40,000km (the equivalent of the distance around the world) in a whole school fundraising challenge.

Just before the Easter break our Sixth Form Student Leadership Team called on the support of parents, carers, friends, family, neighbours, colleagues and businesses to help raise money through a charity event they had developed. They set their fellow students a very ambitious challenge over the Easter break to cover just over 40,000km (collectively) - the circumference of the Earth, by walking, cycling, running and rowing! They encouraged each student to record their total distance and contribute to their tutor group’s cumulative total, in

a bid to reach their aspiring target! The team set a goal of raising £500 or more for two very worthy charities: Centrepoint, a charity tackling homelessness in young people, and the school’s PTA (Parent Teacher Association) who raise money to support extra-curricular opportunities for all students in school.

Every student recorded their donations for each kilometre they travelled on their own sponsorship form and on the return to school the Sixth Form Team added up the total distance travelled to reveal the winning tutor group and overall winning house team.

The results have been verified and we can proudly announce the winners of this ambitious tutor group

challenge! A huge congratulations to E9WHI, who contributed an astounding 1,901km to the total distance travelled, with a special shout out to Aditya, Sol and Dan who each covered 256km, 237km and 176km respectively and who were named the top three entries for the whole school.

We are delighted that with another great QPHS team effort the Student Leadership Team achieved their fundraising goal of £500, which will now be split equally between the two charities.

If you would still like to make a donation please visit their Just Giving Page: <https://www.justgiving.com/crowdfunding/qphs-alkaroundtheworld>



E9WHI





CELEBRATING SUCCESS

Ranked second in the UK!

A massive congratulations to our supersonic Year 9 student, Lewis Parsons who represented West Cheshire at the Manchester Athletics earlier this month. Lewis (wearing purple above) achieved an incredible time of 23.69 seconds in the 200 metres which means he is currently ranked the second fastest in the UK for his age group!

What a phenomenal achievement! Well done Lewis!

Heading for stardom



We're expecting a standing ovation for Libby-Anne Parsonage in Year 10 who recently auditioned for a role as a dancer in Shrek the Musical. The process involved sending a video audition which, if successful would require attending an audition in person. Out of over 200 people that auditioned, we are thrilled for Libby-Anne who was offered a part in the show!

Shrek The Musical is being produced by Castaway Theatre and will be performed at The Storyhouse in Chester from the 15th-19th September 2021.

Libby-Anne is a member of Theatre Train and House of Dance and hopes to pursue a career in the performing arts in the future. Amazing news! Well done Libby-Anne!



“ I am beyond excited to get a part! I am really loving the rehearsals and I know this will be great experience for me. ”

Libby-Anne Parsonage, Year 10 student

Never Stop Learning



Mrs Whitehouse was on maternity last year but kept herself busy by completing a Master's degree in Language, Cultures and Translation with the University of Chester.

She has given lengthy presentations in French, translated a medical textbook and written a 12,000 word dissertation analysing Spanish political speech.

She was thrilled to have passed with merit, as she believes that even teachers should never stop learning!



Competition TIME

Love creating music?

We're excited to launch an exciting competition for all our students that are musically minded, love creating their own music and are bursting with creativity and originality!

In conjunction with a national competition organised by the BBC, Mrs Tonon is running our own Queen's Park High School composition challenge in which the winning entries will be submitted to the BBC Young Composer Competition 2021!



Students across each year group are busy composing songs, instrumental pieces and even raps in the hope their music is selected and forwarded to the BBC for a chance to have professional musicians perform and record their entry!

Workshops will be held after school in year group bubbles to support with the writing process.

Watch this space!

BBC
young
composer

MUSIC PRACTICAL

Performing Poulenc's Andante

On Tuesday 29th April, we were delighted to welcome into school Catrin Jones and Stefania Rillievo from the University of Chester to work with Year 12 music students.

The focus of the workshop was to introduce and analyse a set piece from the *Into the twentieth century* area of study at A level.

Students learned about the era and its links to neo-classical music, then moved on to analyse Poulenc's *Andante*, trio for bassoon, oboe and piano.

Mrs Tonon transposed this piece of music for the students' own instruments - saxophone, bass guitar and keyboard. They were able to complete score analysis activities and also practical activities which resulted in them performing the first section of the set work.

“ I'd like to thank Catrin and Stefania for giving the students one to one support and sharing their invaluable expertise and knowledge with them. It was fantastic to finally be able to get back to non virtual practical music making, which is something Queen's Park pride themselves on. ”

Mrs Tonon, Teacher of Music



CELEBRATING

Creativity

Identity Project

Year 8 students have really impressed Mrs Wehbeh this term with their creative responses to the Identity project.

During their art and design lessons, students have been exploring character development, looking at elongating and exaggerating key features. They have been studying the inspirational work of Aardmann animations and *Amazing Morph* as a starting point before designing, developing and modelling their own characters.

These quirky and imaginative head sculptures are based on pirates and constructed from plasticine. Students have been eager to experiment with new materials and learn new skills and techniques in 3D and sculpture.

We hope to showcase a selection of this work in our end of year summer exhibition. Well done Year 8!



New skills & processes

Year 11 art and design students have successfully completed a two hour mock examination linked to their most recent project based on natural forms.

Inspired by botanical artist, Hannah Klaus Hunter, students bravely stepped out of their comfort zones and experimented with some new, dynamic processes and techniques which would score favourably in their exam. Individually, they used a gelatine printing plate to create multiple vibrant and colourful monoprints.

Each student learned a new printing process that uses natural forms to produce patterns and textures.

During the exam students worked hard to experiment with the new process and produced some impressive multi layered prints. All the work created in this mock exam will now be used within the students' portfolio to help support their overall GCSE grade in the summer.



Artist of the Month

Since the return to school the art department are thrilled to reignite their 'Artist of the Month' feature.

After a long deliberation the department unanimously decided that the fashion portraits of Zuzu Lacey shot by Leah Davies for her current project should be recognised and celebrated, as they capture the essence of the genre and have been photographed with such professionalism.

For her A level photography course, Leah is currently creating a fashion editorial magazine that reflects contemporary approaches to both fashion photography and how it is consumed by the masses through journalistic magazine styles. The quality of her work reflects the passion she has for the subject. This work will surely be a keepsake item for the future as she embarks upon the prestigious fashion photography course at Bath University, later in the year.

Exciting times ahead! Congratulations Leah on being selected for Artist of the Month and good luck with your future aspirations.



“ I’m sure you will all agree that it’s fantastic to be back in school working with all of the students in real time again and even better to recognise their achievements. ”

Mr Parker, Curriculum Leader for art & design



DEFINING futures

Where Are They Now?

“ My time at Queen’s Park High was priceless. I was given such support in all fields and owe a lot to the experience I gained as a result of studying there. The opportunity to take part in a residency through ‘Young Artists In Tuscany’ at such a vital time, along with the encouragement of staff, was the perfect formula to plan and work towards a creative future. ”

Anna Houghton, former student



At Queen’s Park High School, we aim to make today’s young people tomorrow’s era defining leaders, thinkers and pioneers so we are always keen to discover how our former students are progressing on their chosen career path. This month we’re so proud to shine the spot light on one of our former students, Anna Houghton.

After studying art and design, English language and English literature at A level at QPHS, Anna went on to study BA (Hons) Fine Art (1st Class) and MRes Art and Design (Distinction) at Liverpool John Moores University. She is currently studying at PhD level, working on a thesis entitled ‘The Sound of Space / The Space of Sound’, which explores the use of sound and

language in contemporary artistic and curatorial practices; performance spaces and their history, ambience, dimension and function.

This was presented, in its early iteration, in the form of a vocal and electric guitar soundscape, entitled ‘Secrets in the Open Sea’ as part of *A Living Museum* (TATE Liverpool / 2016).

Anna is also a visual artist, working in illustration, branding, murals and design. Her work explores a modern twist on still life, interactions with light and flora and fauna. She currently has work exhibited as part Liverpool Biennial’s 2021 edition ‘The Stomach and The Port’, where she has been commissioned by Brazilian artist,

Jorgge Menna Barre to visually interpret his research which documents weeds and wild edibles found in the city, focusing on the place we inhabit and the local stories which are read not necessarily by the brain but by the stomach.

Her stunning work entitled ‘Mauvais Alphabet’ comprises 6 large scale murals and can be seen spread along the walls of The Blue Coat Gallery on Blundell Lane in Liverpool.

If you get the opportunity it’s definitely worth a visit!

To keep up to date with Anna’s work, you can follow her Instagram account [@a_j_h_studio](#)



CREATIVE SPACES

Lockdown inspired installation

Mrs Wehbeh is a practising artist and interior designer who is currently working within the art and design department here at Queen's Park High School to broaden her career into the teaching profession. As part of her university course she developed an enquiry into classroom practice which focuses on oracy. This has been the driving force for a new Year 12 project where she will work with our Year 12 art and design students to develop their ability to speak publicly; to discuss, to disagree constructively, and to instruct and to question.

Mrs Wehbeh has chosen a subject close to her heart – that of sculpture and installation. Students have been researching the work of sculpture and installation artists to explore how their work changes a space and becomes interactive.

So far, the group have studied 6 installation artists who all work in different ways, using very different techniques. Students have been given the reading cabin in the school's sculpture garden to transform and turn into an installation.

Year 12 decided the installation would be based around Lockdown1 and have presented the project to a Year 7 class to ask for their positive memories and experiences. These ideas will then form part of the installation that Year 12 will create.

We look forward to showcasing the transformation of this space over the coming weeks!



MENTAL

HEALTH



New Mental Health Strategy

& Wellbeing

In the UK today, six children and young people (CYP) in every classroom have a diagnosable mental health problem, most of whom will not seek help for up to ten years. There is a growing awareness that earlier preventative support that focuses on building resilience and promoting well-being is necessary to meet our young people's mental health needs. However, many young people remain reluctant to engage with preventive support, so that by the time they present to services, their difficulties may be more severe leading to poorer outcomes.

We are delighted to say that at Queen's Park High School we are continuing to work positively to help solve this problem. We want to make sure that all of our students and our parents/carers feel confident in the knowledge that, should their child be experiencing any level of mental ill health, there is support available at school to manage this.

To begin to help address the issues around young people's mental health, we are rolling out a brand new 'Mental Health Strategy' incorporating a Wellbeing Action Group, a peer support programme, regular whole school assemblies and social media links.

Our Wellbeing Action Group is made up of representative members from:

- Students (one from each year group)
- Teaching & Support Staff
- Governing Body
- Local CAMHS body

Through our school assemblies, PSHCE programme, our school's social media and our on-line student concerns button on EduLink One, we hope all our students will feel both positive and confident in knowing when and how to access support.



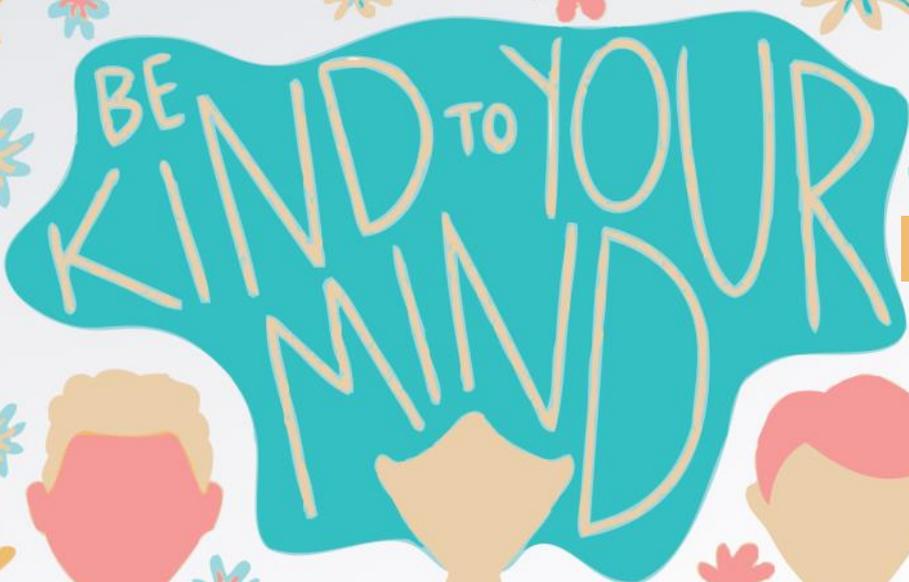
Mrs S Williams
Senior Wellbeing Lead



Ms Byrne
School Counsellor



Mrs Z Williams
Emotional Wellbeing Manager





HAPPY & SUCCESSFUL

Wellbeing Workshop

As part of our Mental Health Strategy Year 11 and 13 students were invited to a wellbeing and mental health workshop led by the internationally renowned psychologist and published author, Frederika Roberts.

The workshop focused on how to identify the signs and causes of both stress and anxiety and the strategies students could use to combat these. The workshop was particularly useful for the students as they work through their end of year assessments.

“ We were fortunate to have been successful in a bid for financial support for the workshop from the Chester Bluecoat Charity.

As a result of their generous grant we are able to really drive forwards both our awareness and support of mental health issues in school in a bid to support all of our students to be both happy and successful ”

Mr Yeoman, Assistant Headteacher

“ It was a really useful workshop and I will definitely be using some of the tips we have been given to help me to focus and approach my revision in a really calm way. ”

Year 11 student



KS5 Rewards

During lockdown Year 12 and Year 13 teachers were asked to nominate those Sixth Form students who were working above and beyond with their home learning. At the end of the week the lucky nominated students received a reward letter home and 10 students were sent an extra special treat through the post!

This week KS5 students attended a virtual assembly to discover which of their fellow peers had won the overall KS5 reward for the spring term.

Congratulations to the following deserving recipients which include: Adam Beaumont, Josh Halewood, Jude Whelan, Dan Williams, Megan Pritchard and Evie Dougherty.



“ I have been extremely proud of how the sixth form have handled lockdown and restarting school, especially Year 13 who returned to sit their mock exams. ”

Mrs Prydden Head of Sixth Form



ALL STAR CAST

Students treated to a double helping of stardom

West End and *Strictly Come Dancing* stars join Queen's Park High School students to enrich their lockdown experience!

As part of the school's 'Wellbeing Wednesday' initiative which encourages students to engage in a range of fun screen free activities one afternoon per week, the school managed to secure two additional exciting events which provided some inspiration for all the family and especially for our talented and budding performers!

On Wednesday 24th February, West End leading star, Joel Montague joined Mr Yeoman, Assistant Headteacher and Teacher of Drama in a live online Q&A session about how he got into the performing arts industry, his favourite musical, plus advice, hints and tips he would give to aspirational performers. He also showcased some of his work and performed the hit song 'What Bakin' can do'

from the smash hit musical *Waitress* to his avid audience of on screen students.

Joel has an extensive list of theatre credits including Ogie in *Waitress*, Dewey Finn in *School of Rock*, Nicely-Nicely Johnson in *Guys and Dolls*, Mendel in *Falsettos* and Eddie Ryan in *Funny Girl* to name but a few!

On Wednesday 3rd March, it was time to shake off any inhibitions as professional ballroom and Latin dancer on BBC1's *Strictly Come Dancing*, Robin Windsor, delivered a dance masterclass to the whole QPHS family. This was the first on line high school workshop Robin had presented and it provided a great opportunity to bring some fun, joy and laughter into the working week as both students and staff battled to master the step sequences to Tina Turner's *Proud Mary*, the jive and charleston!

“ This was a great opportunity for our performing art students to hear from an industry professional. Joel has inspired the next generation! ”

Mr Yeoman, Assistant Headteacher/
Teacher of Drama



Wellbeing Wednesday



Screen Free Challenges

Wellbeing Wednesday was launched at Queen's Park during the last two weeks of Lockdown 3, following a survey sent out to parents/carers regarding the impact of increased on screen learning on their child's mental health and wellbeing.

The programme provides students with a menu of activities and challenges away from the virtual classroom, which they could choose to complete on a Wednesday afternoon to help improve their wellbeing, enrich their lockdown experience and hopefully provide a little more joy to life whilst not in school.

The menu of challenges to support our screen-free and wellbeing afternoons included activities to design, create, perform, connect, exercise and promote mindfulness. These ranged from Millie cookie baking, gardening, writing a diary for future historians about self isolation and home-learning, making a photo album full of happy memories, escaping to read a favourite book, recreating a scene from a favourite musical to preparing dinner for the family!





Best IN SHOW



Power to our Pets

In association with Queen's Park High School, the school's PTA masterminded an exciting event to break the 'humdrum' of lockdown and hosted their very first virtual pet show!

As a pet loving nation, this fun on line competition provided a perfect opportunity for families to show off their dearest two legged/four legged/no legged friends along with their photographic skills!

To be in the running to bag the accolade of *Best in Show*, students, friends and neighbours were encouraged to enter a choice of 10 fabulous categories with a photo and/or video of their beloved pet hoping to wow the judges and claim the title!

The PTA received an overwhelming number (and humorous range) of entries from a rescue Spur Thighed tortoise in the *best dressed* category to a gaming Lhasa Apso in the *least obedient* category!



Best Ears
Belle



Wildest Wag



Best Friend Award
Buzz



Cheekiest Chops
Jack



Dressed to Impress
Tyson Furry





Prettiest Peepers
Hector

After much deliberating, the results are in and we are thrilled to reveal the first place winners for the following categories:

- **Wildest Wag** - Oliver
- **Best Vocal Performance** - Rocket
- **Dressed to Impress** - Tyson Furry
- **Least Obedient** - Murphy
- **Wildest Pose** - Alfie the tortoise
- **Best Ears** - Belle
- **Prettiest Peepers** - Hector the hamster
- **Cheekiest Chops** - Jack
- **Pet-Owner Look a Like** - Florence & Dave
- **Best Friend Award** - Buzz & Milly

Congratulations to all the winners and runners up. We do hope you will treat your four legged friends to a prize gravy bone/lettuce leaf and hang their picture in your hall of fame! Thank you to everyone who participated and shared their bundles of mischief and cuteness for us all to enjoy.

All monies raised from the competition will be used to support student non-curricular based activities in school.



Least Obedient
Murphy



Best Vocal Performance
Rocket



“The competition was stiff and judging all the fabulous entries so very hard ...but great fun! It was truly an honour and pleasure to see all the fabulous pets, who clearly provide so much love and joy to their owners.”

PTA Judges



Wildest Pose
Alfie



Pet-Owner Look a Like
Florence & Dave

QUEEN'S PARK HIGH SCHOOL



“ I'm running this marathon to mark my 50th birthday at a crazy time in modern history, but also and more importantly, to raise money for the Royal Marsden Cancer Charity. The care they provided to the whole family was excellent and they are absolutely a worthy cause to support ”

Mr Robin Johnson, Teacher of Maths



Run for CANCER

Teacher toasts a landmark birthday with a poignant fundraising feat!

Queen's Park High School maths teacher, Mr Robin Johnson celebrated his significant birthday with a particularly incredulous challenge! During the start of the new term, on Tuesday 20th April Mr Johnson marked his 50th birthday by running a marathon, in memory of his brother-in-law, James Donovan and to raise funds for the Royal Marsden Cancer Charity. James sadly passed away a year ago after a long battle with cancer. Due to COVID restrictions very few people were able to attend his funeral and both family and friends have not yet had a proper opportunity to celebrate his life.

Robin had been planning to run the London Marathon in April 2021, but due to the pandemic, this has been pushed back, so he decided he

would organise his own marathon on the day of his birthday in honour of James and the charity that provided so much help and support to the family.

Robin's meticulously planned route followed a scenic 1 mile loop along the banks of the River Dee, starting and finishing at Queen's Park High School, which he repeated 26 times to reach the milestone distance. He enlisted the support and encouragement of over 30 runners comprising Queen's Park High School staff and students plus friends and family to join him for one or more of the laps (with up to a maximum of 6 runners per lap to adhere to social distancing rules).





All money raised will be going to the Royal Marsden Hospital, a world - leading cancer centre that provided such excellent care, for James and his family. Just before James passed away, the Marsden actually allowed Robin to take James' beloved dog, Flossie, up to see him in his hospital room – a very precious moment of a man and his best friend overjoyed to be reunited for one last time.

Robin triumphantly completed all 26 miles within 4½ hours – a phenomenal achievement! We'd like to give a special shout out to all the Sixth Form students and staff who ran alongside him to keep up the pace and help him stay focused and motivated; particularly Ben Baker (Year 13), Joe Smith and Josh Halewood (Year 12) who completed half a marathon and 9 miles respectively.

Robin has already raised well over his target amount of £2000 for The Royal Marsden Cancer Charity thanks to the support and generosity of family, friends, colleagues and the QPHS community. If you would still like to show your support, please donate to his fundraising page:

<https://uk.virginmoneygiving.com/50thbirthdaymarathon>



“ Our legs felt like jelly after running 9 miles, but it was great to support sir and his charitable cause. ”
 Joe & Josh, Year 12 students

“ The first 17 miles were a dream, the last 9 were a nightmare. If it hadn't been for the support of my colleagues and students, I don't think I'd have made it. As I approached the finish line, I wasn't sure if I was going to be sick or burst into tears, but I managed to hold it together. ”
 Mr Robin Johnson



BACK IN THE GAME

Extra Curricular sport

Lockdown did what it says on the tin, and locked down our entire sports extra-curricular programme. The PE Department were faced with questions such as: *How can you play contact sports when you have to stay 2 metres apart? How can you share equipment when it needs sanitising after use?* - yet everything on the news was focused around staying active to improve your mental health! We were pleased to hear that lots of our students stayed active during this time through walking, cycling and running but we know it's not quite the same as being able to play sport with your friends.

Once schools were allowed to reopen, although year group 'bubbles' restricted the return of a full extra curricular programme, Mr Taylor and Mr Emptage were eager to get Year 7 and Year 9 boys football up and running. In true competitive spirit, Mrs Cutler wasn't to be beaten and reintroduced football for our Year 7 girls. Armed with a list of potential players, the after school Monday football practice has been bursting with keen competitors demonstrating great ability and raw talent. A regular group of 12 girls can now be spotted dribbling, passing, shooting and above all having fun. Students have stated 'it's great fun!' 'I've missed being with my mates.' One even admitted to 'forgetting how to play football!'

This is just the first step to getting our full extra curricular programme back on track in September where the girls across all year groups can continue to develop their football skills and netball matches can resume against local schools.

If there's one thing we have all learned over the past year, it's that sport is not only good for us from a physical perspective but also benefits us socially and mentally, so it's a great feeling to be back in the game!



“ It's so nice when I look out onto the school field on a Monday after school (when it's not raining) to see so many students enjoying sport once again. ”

Mrs Cutler, Teacher of PE



ATHLETICS SEASON

Giving students something to 'discuss...'

It's the Summer Term, which can only mean one thing: summer sports and the PE department are delighted to be out in the open air reintroducing Key Stage 3 students to the world of athletics.

As part of the PE curriculum, students have been participating in a range of throwing, jumping and running disciplines, including shot put, javelin, high jump and relay. Our budding athletes will focus on developing the correct technique so they can maximise

their potential and apply their performance to competitive situations.

Students will be given the chance to explore technique through guided discovery. This will provide them with some freedom to achieve a desired outcome before gaining peer assessment on how to improve further.

Although our usual district athletics competition will not go ahead this year due to Covid, there have been some fantastic achievements in our intra school competitions. Most notably,

Rhodri in Year 8 and Bruno in Year 7 who achieved an incredible 1.70m in the high jump!

These newly developed skills will become even more important as our school sports day approaches, giving students the chance to compete for the coveted House trophy.

As we look forward to the rest of the summer curriculum, students will have the opportunity to participate tennis, rounders, cricket and softball.



QPHSRC RECREATIONAL ROWING

NEW FOR 2021

STARTING SATURDAY 5TH JUNE

2PM – 5PM

Saturdays

For QPHS rowers year 10 and above who would like to row, however not compete, or train multiple times per week.

A supervised outing every Saturday, just to enjoy being out on the water, getting some exercise and keeping up with rowing skills.

A new stream of rowing

Queen's Park High School Rowing Club are offering a brand new activity for Year 10 students and above.

Recreational Rowing kicks off on Saturday 5th June and will take place every week from 2-5pm. The supervised sessions are open to experienced rowers who would just like to continue their rowing journey through an outing once a week, focusing on exercising, being outdoors, and staying active.

This new stream ensures the Rowing Club continues to cater for more students, who would normally move away from competitive rowing as they approach exams, and later years of schooling.

We hope this offering continues to foster inclusivity for our rowers.

BOATHOUSE IS A LIFE SAVER



“ We are delighted to have worked with Queen’s Park High School to bring about a needed facility on an important stretch of the River Dee. Our life-saving purpose is to see more such defibrillators installed in locations where strenuous exercise may be undertaken. The benefits of exercise are considerable, but each year young people and others die from heart problems because the correct support equipment is not available to them. ”

Richard Allen, RALPHH Chairman

“ On behalf of our students and rowing coaches in particular, I would like to say thank you to RALPHH and Cheshire West and Chester Council for their support in making this initiative possible. Our school rowing club has significantly grown in popularity over recent years and as the Covid-19 restrictions begin to lift, our crews will be visible once again, training on the stretch of the River Dee between The Groves and The Iron Bridge, Aldford. The defibrillator provides them with additional peace of mind when taking part in this strenuous but incredibly rewarding sport. ”

Miss Lyndsay Watterson, Headteacher

Rowing Club gains safety first

Chester is the first place in the country to benefit from the national charity RALPHH funding for more defibrillation equipment at key sporting locations.

A potentially life-saving defibrillator has been installed at QPHS Rowing Club’s Boathouse on the River Dee. The intention is that this will be available for use by members of the school’s rowing club, as well as a neighbouring canoe club and the Scouts. Additionally, access in the case of any emergency will be possible for towpath users. The initiative has been made possible by a significant grant from RALPHH, as well as a donation organised by Cheshire West and Chester Councillors, Razia Daniels and Neil Sullivan, both of Handbridge Park Ward.

Granted charitable status by The Charity Commission in August 2019, RALPHH has been inspired by the sudden death of Robert Allen, a much-respected junior rowing national champion. As well as looking to increase defibrillator availability, the charity is also keen to arrange ECG testing for young people potentially looking to start strenuous sport, as well as providing advice for all ages on retiring from exhausting exercise.

This information is available on the website: <https://www.ra-lphh.org/>

Donations to the work of RALPHH are welcome via the website and currently the trustees of the charity are working on initiatives across the whole of England and Wales that need support.



Safety drills at King's

It has been a long time since our last capsizing training drills for all our new rowers due to pools around the region shutting their doors during COVID-19.

On Monday 10th May, 32 of our rowers from Year 8 and 9 headed to the swimming pool at The King's School to work through a number of key safety drills to ensure their safety on the water.

During their 90 minute crash course, they learned the different techniques and skills required should they fall out of a boat during an outing or race. The most important key advice to takeaway was *remain with your boat at all times*, as it is a flotation device.

All rowers are required to be able to swim 50 metres, tread water for 4 minutes, swim underwater, and learn how to use a throw line. We'd like to thank our sixth form students, Kiara Parlevliet and James Cox who gave up their time to demonstrate the techniques and work with our juniors in the pool.

A huge thank you also to The King's School for allowing our crews to use their facilities.

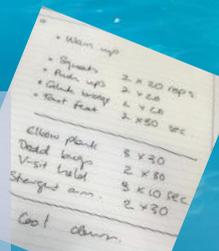
LOCKDOWN V3

Keeping fit & focused

Keeping fit and focused over Lockdown 3 was definitely a challenge for everyone.

Weekly online fitness sessions led by Club Captain, Kiara Parlevliet kept those rowers who wanted a weekly dose of either core, aerobic or mobility sessions satisfied with over 25 rowers dialling in each week to be put through their paces on TABATA training, EMOM (every minute on the minute) or HIIT!

A big thank you to Kiara for devising these personal training sessions and keeping her teammates' morale high!



“ *Remain with your boat at all times* ”





BACK ON THE WATER

Developing our crews

Our new Year 8 crews have only had a little time on the water prior to lockdown, so since the club has reopened, our coaches have spent a number of weeks working hard to get the students confident back in the water.

Using playboats (boats that cannot capsize) builds up our rowers' confidence, as they focus on the rowing sequence of legs, body, and arms. The rowers also learn how to back down, turn the boat 360 degrees, and stand up in them. This builds their overall confidence as they move into crew boats.



The Rowing Club are thrilled to launch their next round of Learn-to-Row during May Half Term for our current Year 7 students. As demand is always high, the course is already oversubscribed, so the club are looking at ways they can continue to expand this offer to more students.

“ It’s fantastic to see the progress the Year 8 rowers have made over such a short period of time.. ”

Kayte Parlevliet, Rowing Coach



RIVER SAFETY

Standing out on the river

It's important to be seen! Queen's Park High School Rowing Club are proud to now have high vis rowing vests included as part of their standard outing attire.

These vests enable our rowers to be seen clearly on the river and improve visibility and safety to other rowers and river users. All of our rowers in singles, or at the bow of boats should be wearing these when out on the water.

Next time you're down by the river, see if you can spot them!



FREE SUMMER SCHOOL
16TH - 20TH AUGUST 2021
9.30am - 2.30pm each day
available for our NEW Year 7 STARTING AT THIS SEPTEMBER

To support students' transition, develop their confidence and prepare them for the move to high school, we are offering a FREE 5 day Summer School where students will learn and participate in different curriculum areas.

As spaces are limited, they will be allocated on a first come first served basis.

To secure a place for your child, please complete the form on our website: www.qphs.co.uk > News & Events > Summer School

Closing date: Friday 2nd July 2021

Tel: 01244 257088 Email: c.scanlon@qphs.co.uk

Further details will be sent out to those successful applicants.

QUEEN'S PARK HIGH SCHOOL

inspiration vision passion action

Free SUMMER SPORTS CAMP
17TH 18TH 19TH AUGUST 2021
10.00am - 3.00pm each day
available for Year 4 & 5 children

QUEEN'S PARK HIGH SCHOOL

This summer give your child the opportunity to build their confidence and self-esteem, improve their fitness, co-ordination and communication skills, whilst having fun and making new friends.

As spaces are limited, they will be allocated on a first come first served basis. To secure a place for your child, please complete the form on our website: www.qphs.co.uk > News & Events > Summer Sports Camp 2021

Closing date: Friday 2nd July 2021

Telephone: 01244 257088 ext 4012; Email: L.morris@qphs.co.uk

Further details will be sent out to those successful applicants.

inspiration vision passion action

QUEEN'S PARK HIGH SCHOOL

200 Club

RUN BY THE PTA

WE HAVE A WINNER!

The 200 club is a fun and easy school fundraiser with a monthly cash prize draw! It's run by Queen's Park High School's PTA. For an annual fee of only £12 you are automatically entered into our monthly prize draw with the chance of winning a cash prize! Payment can be made easily via Parentmail.

Congratulations to all our winners this year that include, Mate Kovacs, Martin Degg, Alfie Delehedy and Leah Maltby. For more information on how to join, please visit the PTA page on our school website.

NOW OPEN!

CAR PARK

Just 5 minutes walk from Chester City Centre at

QUEEN'S PARK HIGH SCHOOL
 Queen's Park View, Handbridge, CH4 7AE

Every Saturday
9am to 7pm
 and during school holidays (Mon-Fri)
10am to 7pm
Only £3 per Car

HOW TO FIND US:
 Via Handbridge
 Turn right on to Queens Park Drive just after the Co-op store and petrol station and take the first turning on the right by the zebra crossing. The car park entrance is 100 yards on the left.
 Via Lower Bridge Street
 Turn left on to Queens Park Drive just before the Co-op store and petrol station and take the first turning on the right by the zebra crossing. The car park entrance is 100 yards on the left.

* Operated by the Queen's Park High School PTA. All proceeds go to support extra curricular activities including rowing. Thank you for your support today.