



The Westcliff Week

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WEEK BEGINNING 30 MARCH 2020

THE CHALLENGE AHEAD

Welcome to the first edition of The Westcliff Week.

As I outlined in my recent letter to parents, this publication is designed to keep our community connected through the sharing of articles and any relevant news. The format is similar to the Westcliff Diary, although obviously in much reduced form and with a focus on some activities for the week ahead. I hope that the contributions from my colleagues and myself will help to encourage and lift our community during these challenging times. As I noted previously, it is vital that all members of the School community continue to support one another and those in their wider communities. This edition contains a selection of interesting articles, quizzes and news items.

Pupils are most welcome to contribute to the Westcliff Week and they should do so by sending curricular articles to their relevant subject teacher for review in the first instance. Contributions associated with an extra-curricular activity, for example, Wargaming, CCF or Drama should be sent to the teachers who have oversight of those activities.

The day before we closed the School to the majority of pupils, I was pleased to be able to speak with each Year Group individually. I also had the opportunity to take a number of intelligent and well-considered questions from pupils. One question, from a Year 7 pupil, has stuck in my mind. In not so many words, he asked how we could still have School if we were not attending School. It was a terrific question because it allowed me to remind all of our pupils that our School is not a building, but rather it is a community. We have a strong, supportive and resilient community and every WHSB pupil will be familiar with our motto *fide et fortitudine* (by fidelity and fortitude). I have no doubt that our pupils, staff and wider community will show the faithfulness and courage required to support our community through the national emergency.

The nature of how we conduct education day to day has changed for the time being and I commend pupils, parents and staff for their readiness to adapt to our new way of working to ensure the continuity of education. It is not perfect; there are challenges to be overcome and problems to be solved. However, these challenges and problems should be seen as opportunities for the community to work together and support one another. In doing so, we shall ensure our School community emerges from the current situation stronger and with increased determination to enable our pupils to realise their full potential.

I hope that you enjoy reading The Westcliff Week. I am most grateful to those colleagues who have contributed to this first edition. I am sure that this publication will evolve and develop in the weeks ahead.

Headmaster

THIS WEEK IN HISTORY

THE OPENING OF THE EIFFEL TOWER

During this week in 1889, the world's most famous tourist attraction and one of the world's most iconic monuments, the Eiffel Tower opened in Paris. It was designed to be the centrepiece of the 'Exposition Universelle' which was a giant festival to celebrate how much the country had progressed in the hundred years since the French Revolution.

The Eiffel Tower, named after the architect who designed it (Gustave Eiffel), was to be the centrepiece of this festival and all visitors were to walk through its iron arches. Artists, architects and politicians alike initially hated the wrought-iron structure and detested the contrast between it and the rest of the city, known for its genteel boulevards. The first reviews of the Tower called it a 'hated column' and 'useless and monstrous'. Eiffel was unmoved and, on 31 March

1889, he led a party to the top to unravel a giant 'Tricolour' (French flag).



Despite its troubled start, 'La Dame de Fer' ("the Iron Lady") as it is known in France, which was designed to be a temporary structure, stood as a proud symbol of French patriotism during World War One and a defiant symbol of French resistance during Nazi occupation in World War Two. It is a great reminder that sometimes cherished national monuments start life as 'hated columns'.

Mr S Neagus, Teacher of History

THE WHSB HOUSE SYSTEM

As we all adjust to working remotely, we are intending to temporarily move the House System towards online activities during the coming weeks of School closure. We now have a House Students Team set up on *Microsoft Teams*, where we intend to coordinate a range of House based activities.

I would like to encourage everyone in the School community to share creative suggestions for House activities that can be run online during this time. Please send your ideas to me directly using the Chat function within the House Student Team. Specifically, I would like to know about your idea and how you think it could be run and judged.

This week, we have two House based competitions organised:

- Centenary House Cooking
- Centenary House Quiz



To access the House Centenary Quiz, simply logon to the House Team, find the quiz in Assignments and submit your answers.

For the House Cooking, prepare or help prepare dinner at home. Please submit a photograph and upload to the House Team. You may wish to download the free *Microsoft Lens* application to your mobile telephone, save the photograph as a PDF and then upload.

You will be awarded one House Point for a photograph and brief description. Up to two House Points are available if you include: the recipe, ingredients, nutritional information, and you tidy up afterwards. Three House Points are available if you explain: the culture, historical and geographical significance of the dish, *Hint: try to link this to the Learner Profile*.

Senior Commendations are also available for older students.

Please gain permission from your parents before you start cooking, ensure that you have adequate supervision, and wash your hands thoroughly. Others in your household may assist.

Good luck and happy quizzing, cooking and eating!

Mr R Barber, House System Coordinator

WARGAMING CLUB

While tabletop gaming is clearly not possible at this time, we are pleased that WHSB shall continue to provide an outlet for the creative and competitive members of the Wargaming Club.



Mr McGee has set up a Wargaming TEAM and invites members to join. We are currently setting up an online Bloodbowl League and are soon to announce the same for Magic: The Gathering.

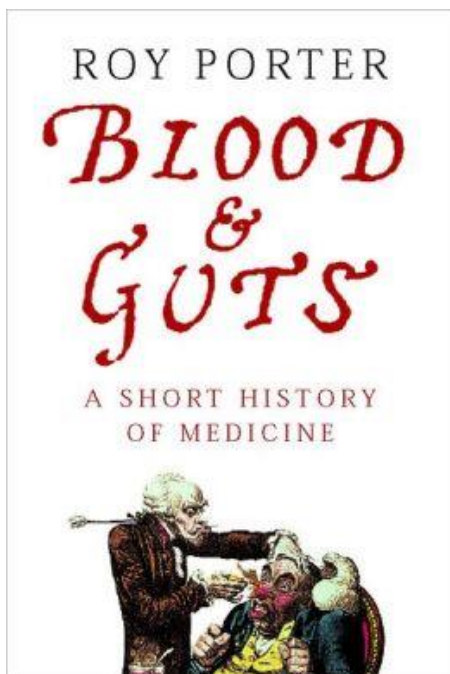
A painting competition will be in progress shortly and judging will take place after the Easter Holiday break. Please log into Wargaming TEAM if you would like to become involved.

Mr A McGee, Director of Sixth Form

BOOK REVIEW

BLOOD AND GUTS: A SHORT HISTORY OF MEDICINE BY ROY PORTER

Roy Porter (1946—2002) was Professor of the History of Medicine at University College, London and was one of the earliest and best-known professional historians of medicine. He wrote a number of excellent books including *The Creation of the Modern World*, *Flesh in the Age of Reason*, and *The Greatest Benefit to Mankind*, winner of the Los Angeles Times Book Award. However it is his book on the history of medicine that I have chosen to review this week, as I thoroughly enjoyed reading it due to its witty and informative nature.



In eight superbly written chapters, Professor Porter deals with the evolution of diseases, the development of the medical profession, the growth of anatomy, physiology and therapeutics, the history of hospitals and the growing socio-political significance of medicine. He explores the many ingenious ways in which we have attempted to overcome disease through the ages: the changing role of doctors, from ancient healers, apothecaries, and blood-letters to today's professionals. He discusses the advances in surgery, from amputations performed by barbers without anaesthetic to today's sophisticated transplants; and the transformation of hospitals from Christian places of convalescence to modern medical powerhouses.

I believe this enlightening and highly readable book would be of interest to many of our pupils and their family members, and particularly to our A Level biologists. The book will take you on an enjoyable journey through humankind's vain and valiant efforts to heal ourselves in our quest for immortality.

Dr D Prendergast, Head of Science

WEEKLY WATCH WITH MISS WILLIAMS

HOW DID AN ENGLISH KING END UP IN A CAR PARK?

Is Week One of social distancing already getting you down? Do you feel as though you are wasting your evenings watching fictional series and films? Or perhaps you just do not know where to start when it comes to choosing good documentaries? Well this segment is here to help to direct you to excellent documentaries which will develop your Historical understanding and intellectual curiosity...

We shall start by transporting back to 2012 to a scruffy council car park in Leicester city centre. A group of archaeologists discovered a skeleton. Soon it was determined that this was a skeleton belonging to a man who had lived in the 15th century, with a curved spine and scoliosis. It couldn't be, could it? Through DNA testing it was determined that this man was none other than the English King, Richard III. But what events had led to this King being buried under a car park and forgotten about for almost 550 years?



This week's recommendation is the four-part Timeline Documentary entitled 'Britain's Bloody Crown', presented by Dan Snow and found on YouTube. This is an excellent investment of your time and tracks the instability of the British monarchy in the 15th century before finally, Henry Tudor (VII) was victorious. The documentary will take you through the betrayal, the murder and the backstabbing that occurred during the

War of the Roses until finally, the Tudor Dynasty was born. So how did a King end up in a car park? Watch to find out!

I will also be running a weekly discussion of the documentaries and questions posed which will be held every Wednesday at 1pm. If you would like to be added to the group then please do email or contact me via Microsoft Teams.

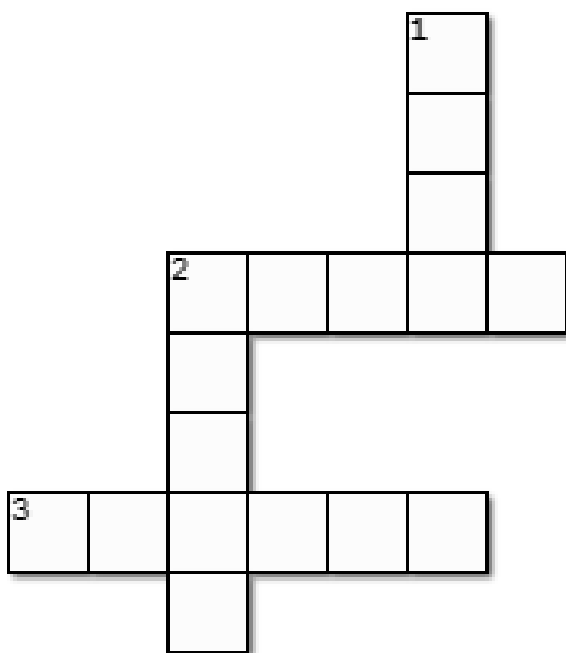
https://www.youtube.com/watch?v=SB_OThWd-eA

Keep Safe and Keep Healthy.

Miss R Williams, Teacher of History

TEST YOUR FRENCH

mots croisés



Horizontal

2. Pour _____ en ville, il a pris le bus

3. Je le trouve _____

Vertical

1. Il a regardé le film avec son _____

2. Nous _____ mangé du poulet

Mr G Rayment, Head of French

PERSONAL, SOCIAL, HEALTH AND ECONOMIC EDUCATION

At this time of self-isolation or lockdown, it is important that we all keep physically and mentally healthy. If you have a garden, then please try to spend some time each day in your garden getting some fresh air. If not, you are also permitted to go outside once per day for exercise, and at other times you can still enjoy fresh air from a balcony or an open window.

Joe Wicks, a body coach, had produced an excellent workout that you can complete each day, and the whole family can get involved. It is live at 9:00am each morning from Monday to Friday and, although you will be completing School work at that time, Joe's workout is also saved on the channel, so that you can complete it anytime later on. The workout lasts for one hour, and millions of people have been joining in at some point each day. Please see the following link:

<https://www.youtube.com/user/thebodycoach1>



Enjoy the workout and stay healthy!

Mr R Barber, PSHEE Co-Coordinator

WSHB CLUBS AND SOCIETIES

This year, WSHB has 46 clubs and societies already running which are free of charge. Clubs and societies provide pupils with opportunities to make friends,

develop confidence and teamwork. During the coming weeks of temporary closure, we would like to try and move as many of these activities over to Microsoft Teams so that our pupils can continue to benefit from those opportunities. I am working with staff on how specific clubs and societies might run online, and we would also be grateful for your creative suggestions on how a club or activity in which you have an interest can be run online. Pupils or family members may even have some ideas for new clubs or societies and we would be pleased to hear about them. Please email me with your ideas and details of how you think this could be organised.

If you join and participate in a club or society, it will provide you with many opportunities to understand more about your strengths and areas of development, whilst broadening your knowledge and skills. You will undoubtedly learn a great deal from other pupils and develop greater self-awareness which can provide focus for your interests and future plans.

Setting up, running or joining a society can also help with 'soft' skills, such as 'people skills'. These skills allow us to effectively interact with others, communicate with a wide-range of different people, develop emotional intelligence and a positive mental attitude. These are excellent skills for those who aspire to leadership positions in their career or wider community.



Clubs and societies also help to develop your skills in working as part of a team, which is an essential skill in any walk of life, including your future workplace.

If you feel nervous about joining a club or society, there is really no need to feel that way. With a little courage to overcome that apprehension, a club or society is a wonderful way to try new things, make new friends and have fun.

Through The Westcliff Week we intend to promote clubs and societies that will be running online during each week. I look forward to hearing your ideas.

*Mr R Barber, House System Coordinator/
Head of Breadth Studies*

ETWINNING PROJECT WITH IES ALBAIDA: YEAR 10 SPANISH PUPILS

On Thursday 26 March, we held our first online chat with our partner school in Almería. The Spanish schools have been in lockdown for a few weeks more than people in the UK and the pupils there shared some of their thoughts and their favourite ways to keep busy during downtime at home, including television shows, music and video games. This was only a brief introduction, but the Spanish Department at WHSB and María Luisa at IES Albaída really enjoyed seeing our pupils making contact. We hope this will be the start of a beneficial collaboration and I shall keep you all updated.

Ms J McKeown, Head of Languages

STAYING HEALTHY AND SAFE

For all our pupils and their families this is a period of significant adjustment. It is a time when taking care of oneself and others is most important and we hope the following serves as a helpful reminder.

Remaining healthy during the Coronavirus Pandemic

Please ensure that you follow the Government's advice at all times. This is challenging, and you will not be alone in experiencing some difficulty with the adjustments expected. However, it is **essential** that we all follow the Government's instructions at this time. In particular,

- ✓ You should not leave your home unless it is essential. For pupils, there will be few, if any, reasons why it is essential to leave the house, so please remain at home to keep yourself and others safe. This can be challenging for those living in apartments or homes without a garden, but adhering to this guidance is most important.
- ✓ Continue to wash your hands thoroughly and regularly.
- ✓ Sneezes or coughs should be caught into a tissue which should be immediately thrown away before

washing your hands. If you do not have a tissue sneeze into the crook of your arm.

The NHS provides further advice on remaining at home at the following address:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>



Guidance on what to do if someone in your household experiences symptoms of coronavirus is here:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Safeguarding

If you believe you or someone else is unsafe you **must** ask for help and there are a number of ways to do this.

- ✓ Speak with a trusted adult
- ✓ Email Mrs Mumford (mumfordk@whsb.essex.sch.uk) or your Pastoral Office
- ✓ Contact the police if you think you or someone else is in immediate danger

Students with support from other agencies

For pupils who currently have contact with a social worker or another professional for support, they will be in touch with you by telephone or email. However, should you need to contact them and are uncertain how to do so please email Mrs Mumford (mumfordk@whsb.essex.sch.uk).

Supporting Pupils and Parents who may be feeling Anxious

We are currently facing an extraordinary situation which is difficult for everyone. It is natural to feel anxious and to experience some unusual emotions or concerns. These many change from day to day, and that is understandable. Others in your household are likely to experience similar concerns and discussing these is helpful. The following organisations also provide excellent support and advice should you need to talk with anyone. Please see their websites, and the relevant pages noted below.



- ✓ What to do if you are anxious about coronavirus
- ✓ Looking after your mental health while self-isolating



- ✓ If you're worried about coronavirus

Should you need to speak with anyone directly, the best people, if you can, are your family members as they will want to help you. Some young people do not share their concerns as they do not wish to upset those close to them, but your family will wish to know and to be able to offer help. However, should you wish to talk to someone outside your home, the above organisations can assist, as can Childline, which can be contacted by telephone, text or email.

<https://www.childline.org.uk/get-support/>



ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

What else can pupils be doing?

Pupils have been provided with guidance on how to structure their day in order to maintain their studies and progress. Working to maintain this structure is important, and it should be balanced with other activities to ensure good health is maintained.

Keep in touch with friends

Under no circumstances should you be meeting up with friends, however you can call or email them. There are many ways to organise virtual get-togethers and games and this contact with friends will be important in the weeks ahead.

Eat well

Your mealtime arrangements and diet may alter with the change in circumstances, however every effort should be made to ensure you maintain a balanced diet and enjoy meals with your family. You should also drink plenty of water.

Exercise

Your arrangements for exercise will need to change as your usual sporting or other activities will not be possible. However, there are many ways in which you can exercise at home, including some opportunities for joining exercise sessions online. It is most important to remain active in order to protect your health.

Sleep

Maintaining a sensible routine of going to bed and getting up at your usual time for School is essential to maintaining structure and routine and this will be important for your health in the weeks ahead.

Fresh air

At present, people are permitted to go outside once per day to exercise, so that can be helpful in accessing fresh air. At other times, those fortunate enough to have access to a garden should make use of it where it is possible to do so whilst practicing social distancing. Communal playgrounds cannot be used and therefore if you are without a garden, you will need to rely on a balcony or open window for fresh air at all other

times. These rules are difficult for everyone, but they should be followed to keep yourself and others safe.

This is a worrying time for pupils and their families, and following the Government's instructions is most important for the purposes of protecting lives. However, there are many alternative and creative ways to ensure you relax and have fun, whilst also taking care of others.

Headmaster

A MESSAGE FOR OUR LOWER SCHOOL PUPILS ON WORKING REMOTELY

- ✓ Remember, work that is set for you is often work set for a series of lessons, not just a single lesson. You should pace yourself and complete 50 minutes' worth of work for each lesson. If it is taking you much longer to do this, please let your teacher know. Inevitably, as this is a new way of working, it may take longer to complete work in the early stages of remote working.
- ✓ Use your planner to organise your time and plan deadlines for submitting work and other activities.
- ✓ Microsoft Teams is a platform provided by the School to aid work. Communication on class Teams walls should be formal and appropriate. Remember, it is not social media and should not be treated as such.
- ✓ Extra-curricular interest groups can be set up, as well as group chats, but they MUST have a consenting member of staff as an owner or moderator. Please remember that written communication creates a record to which anyone can refer back.
- ✓ Form Period and Assembly time work will be sent out as a Teams assignment. You are required to acknowledge that you have received and read the material.
- ✓ Your Form Tutor will contact you individually at least once a fortnight, either by email or by a Teams Chat. This is to find out how you are doing and whether you need any support. They will also be interested in your general wellbeing, as well as how you are coping with your work and your safety.
- ✓ You should use the form of communication that each individual class teacher has requested. Please remember, however, that teachers often have more than 100 pupils for whom they are responsible, and it may take some time to get to every question so please try to work things out for yourself in the first instance. Similarly, if you have issues with logins or other difficulties, you should begin by contacting your class teacher directly. You should not ask your parents to make that contact if it is something you are perfectly capable of doing for yourself.



I hope that your work is going well, and I look forward to seeing you again in a few weeks' time.

Mr J Bleakley, Director of Lower School

STICK TOGETHER, BUT NOT TOO CLOSE!

The Art Department sends its best wishes to all pupils and parents in the WHSB community; we hope you are all well, safe and adjusting to the new, temporary arrangements.

We have given the pupils a wide variety of things to do as we work in this Virtual world, and hopefully the entire family can assist in the tasks. This is a good time for all the family to get out the felt pens out and join in; Year 8 parents can even learn how to draw John Lennon!

Mindful learning should be fun, and if the family is looking for a fun project to do together, why not try joining in with Task 6 on the current Year 7 scheme of work. Task 6 is a great way for all the family to research POP art, each Year group can adapt the idea to cover Artists that are relevant to work set, or you could take a radical approach and select an ART movement or genre of your own choice. The idea is to make a game in which, as you play, you learn. For example, you could create a MONOPOLY style board game in which you could go around the board buying famous POP art paintings to house in famous Art galleries or your own. You can make this game from

an old one about to be discarded, i.e. recycle it, or begin from scratch; old cereal packets or old boxes are a fantastic source of card, so use food and other packing in creative ways.

If you are able to use a printer, you can make images to stick on to the board or, of course, you could draw and colour in the elements that make up your Learning Family Game. Another option is to create a pack of POP art or ART cards which you could deal out, then players have to guess what is on a card with prompts. Who knows, you may find you create the next big game for the market! Be resourceful, be creative, think outside the BOX!

WHSB Art has its own Art Gallery attached to the School Website and it contains guidelines for pupils and Artwork. Pupils can access this in RM Unify where there is an easy click button. To access, please go through the main website and follow this pathway: **Menu/useful information for all parents/extra-curricular-activities/Art/** then click on **WHSB ART GALLERY**. You could make a virtual tour and view pupil guidelines and galleries of artwork our pupils have completed during the last 5 years. **Entry is free!**

Mr T Sinnott, Head of Art / Sixth Form Progress Leader

Task 1: Paint a colour wheel. (AO: 2)
Annotate: Primary, Secondary and Tertiary colours.
Harmonious and complimentary colours.
Tints and shades.
Hues and chroma.
Try to blend the colours slowly so you show how they change.



Task 2: Collage a colour wheel
Try to choose the colours wisely to show how the colours truly vary on the colour wheel.



Task 3: Collage a colour apple.



Year 7 Unit of Work.....Jan-April
Theme: Still Life / Formal Element Focus: line, colour, composition & shape
Media / Processes: drawing, painting, collage and modelling
Artist Links: Michael Craig Martin / Andy Warhol Oldenburg Pop Art

Task 4:
Draw an every day object then adapt it in class to make a painting. (AO:1, 3, 4)
In the style of Michael Craig Martin, using just lines and flat colours (no tone.)




Task 5: Produce a dynamic Craig-Martin inspired composition in colour (AO:1)
using the 3 objects you have drawn, create a composition similar to the work of Craig-Martin where the objects overlap. Which colours will you use for greatest impact?



Task 6: Extended Homeworks
1. Produce a 'Guide' to the Colour circle
2. Research 'Pop Art' create an information sharing 'thing' like a board game or quiz.



Extension Task 7: Research the work of Claes Oldenburg create a 'POP' sculpture from Rubbish..



by Andy Warhol



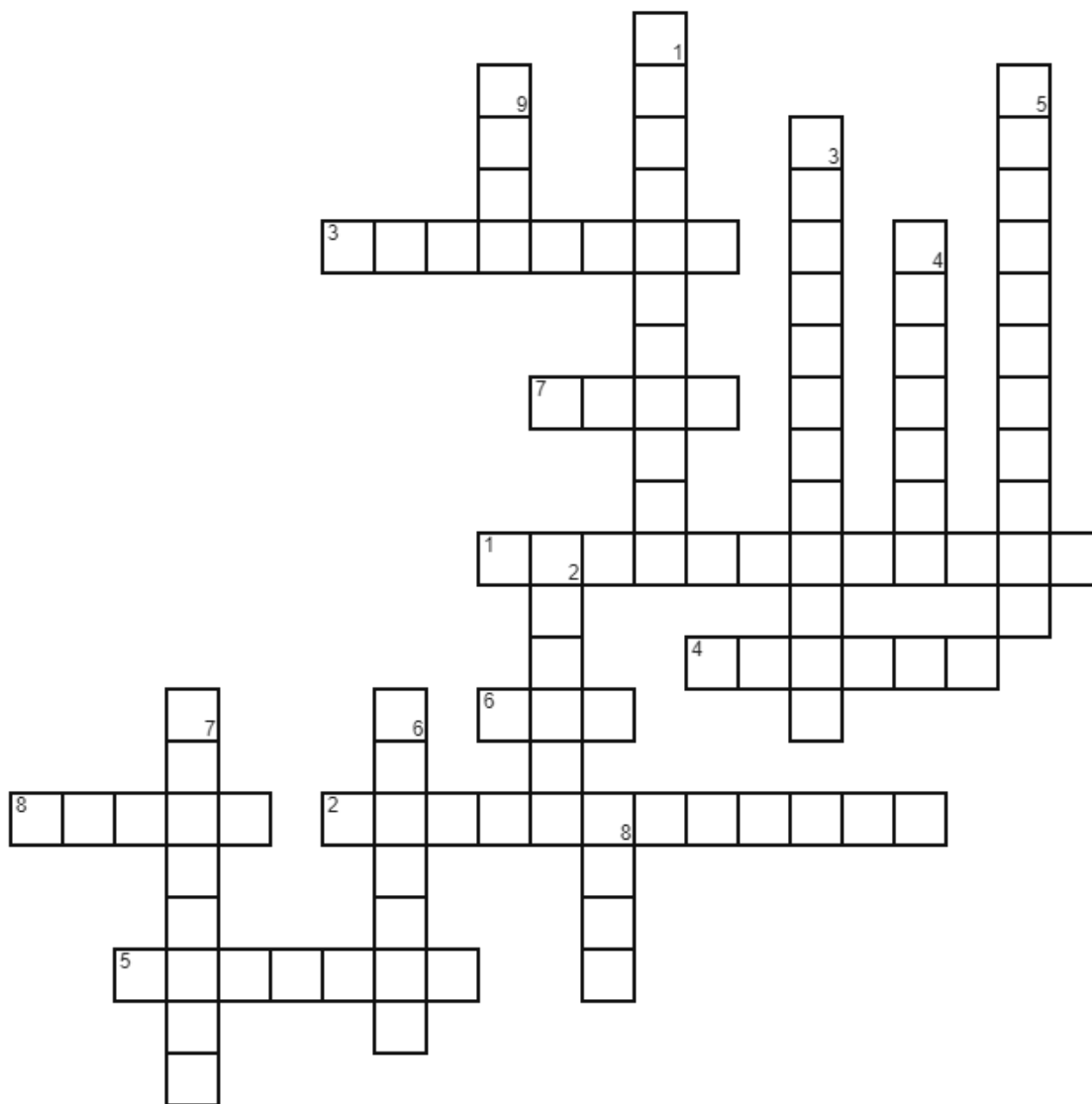
By Michael Craig Martin



MR JEFFREYS' HISTORY CROSSWORD

There will be a prize for first completed crossword emailed to Mr Jeffreys.

Answers next week!



Across

1. Home to MMK and nothing to do with Ian McKellen
2. Location of Lincoln's assassination
3. Famous lover of Catherine the Great
4. Statesman who led Poland to freedom at the end of the Cold War
5. the head of the Japanese Navy General Staff's Planning section in 1941
6. Thrown overboard in Boston harbour
7. Future Earls of Chatham and Prime Ministers
8. Watery battlefield of September 1914

Down

1. A dry period for thirsty Americans
2. Cradle of democracy
3. The people that create the strongest links between the British and the French
4. Peruvian conquistador
5. The business meeting hub of Restoration London
6. Great early leader of the Red Army and Russian intellectual
7. First known Dutchman to land in Australia
8. Celebrated magazine and the central story of History
9. First name of Namibia's first Prime Minister

THE LEARNER PROFILE: COLLABORATIVE AND SUPPORTIVE

It is easy, and perhaps understandable, during this difficult time to focus on ourselves and consider the impact that the national emergency has on us. However, I believe that the instinct to care, respect and protect is ingrained within us, as is the need for community. John Donne, the English poet, wrote that 'No man is an island', meaning that no one can continually be on their own; they need others around them.

So it is that we should all consider how we can be of service to others. As we know, COVID 19 is not someone else's problem, but rather it is a problem for us all and thus we share a collective responsibility. Dr Martin Luther King, the American Baptist minister and activist who was a leader in the American Civil Rights Movement, noted "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy".

I wish to commend all those in our community who have volunteered to support the NHS, local and national community organizations, their local community and family members. Through such service, and dedication to it, we begin to transform ourselves. It might be only the smallest act of service, but if carried out with integrity this can have a transformative effect on ourselves. No true act of service, however small, is ever wasted. Over time, all of those small acts, those small moments, lead to a different state of being – a state in which service becomes increasingly effortless. Now is an important time for us to remember the bigger picture, and the

necessity of balancing the needs of others, and the interconnected nature of people and relationships.

We have many challenges ahead of us however, in my experience, when you tackle a challenge your life changes. You discover something more about yourself: your determination, your courage, your inner resources. You may also discover something more about others around you, in the responses they give to your actions and words. I leave you with a quote from well-known mountaineer, explorer, and philanthropist – Sir Edmund Hillary. "It is not the mountain we conquer, but ourselves."

Headmaster



MAINTAINING A POSITIVE ATTITUDE

In these unusual and challenging times across the globe, it is important to think of aspects of life we enjoy as a global community in order to remain positive until life begins to return to normal again. The Physical Education Department always

encourages a positive, 'can do' attitude to whatever the task in hand, and at a time when one can easily feel deflated as a result of the present circumstances, it is important to maintain a positive attitude.

How can we possibly remain positive in such circumstances? I personally believe that exercise is incredibly important in creating positive feelings. Being in lockdown is challenging and it would be all too easy to slide into negative habits. In our usual

daily routine at WHSB you have access to so many extracurricular opportunities to remain physically active in addition to your Physical Education & Games lessons. However, even in lockdown there are opportunities to be physically active during the day, including physical or skill related challenges.

A fantastic aspect of physical activity is that it is entirely measurable and some of the WHSB PE Microsoft *Teams* pages contain both physical and skill related challenges. For example, if you were to set yourself a challenge of 100 lunges with each leg which was timed, this would provide you with a baseline from which to work. When next attempting this challenge you will then have a target that you will wish to break. Challenges such as this can be set individually, or you can involve members of your family as well. Competition brings out the best in people and you clearly would not want to lose to a sibling or parent, just as they would not wish to lose to you! I encourage you to set yourself a physical challenge and see how much progress you can make during a two-week period.

This period of time has only affirmed for me how much of what I do is based around sport and exercise. Whether it is performing, teaching, coaching, spectating or reading, so much of my time is spent immersed in what I love. This is an unprecedented time for professional sportsmen and women, as their daily routines have been removed and they are no longer involved in playing sport or entertaining admiring spectators.

When speaking with a Team GB manager during the Rio Olympics she described our country as a spectator nation. I asked for clarification and she explained that our nation loves to watch and support sport. On reflection, I realise that she is correct; people in the UK devote a great deal of their time towards supporting sport, whether that is your parents coming to watch you represent WHSB on a Saturday morning, or enduring Southend United's torrid season.

At a time when we may feel concerned that we shall miss supporting each other and our teams, there are many opportunities to share our interests with like-minded peers within our School community, and to reflect on memories of events and moments in those areas in anticipation of returning to them again soon, whether that is in Sport, Music, Art or another area. We are fantastic at supporting and encouraging each other and we can all look forward to returning to normal before too long. In the meantime, there is so much we can do to remain positive and to lend our support.

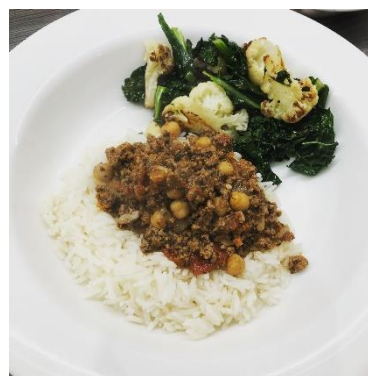
Mr T Morrish, Director of Sport

KEEP CALM AND CARRY ON COOKING WITH MR MCGEE

Mr McGee is a man of many talents and when he is not playing and teaching Music, he is honing his culinary skills in the kitchen. With thanks to Mr McGee, we shall be sharing with you a selection of easy to master recipes for the difficult days ahead.

Recipe 1: 'The Shelves are Empty' Lamb Mince with Chinese Spices

This dish is fantastic for the freezer and it works well with rice, pasta, potatoes, polenta, pitta or whatever you have available.



Ingredients

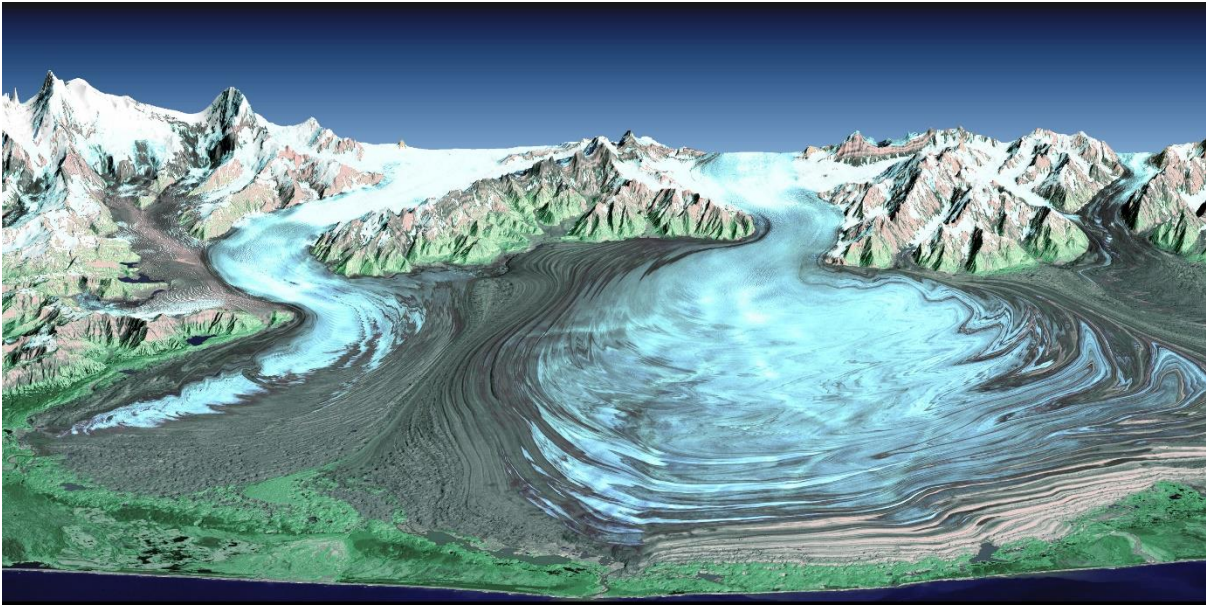
- 2 packs lamb mince (often left over in supermarkets)
- 1 white onion
- 1 tin chick peas
- 1 tin chopped tomatoes (or 8-12 fresh)
- Dried mint (from the spices aisle)
- Ground Cumin (as above)
- Lamb or Vegetable stock

Method

1. Dice the onion and cook in a little oil until soft.
2. Add the mince and stir until brown.
3. Add the tomatoes, chick peas and stock. Stir and simmer for 5 minutes.
4. Add the mint and cumin (add until you have the taste you want).
5. Add a little salt and pepper and simmer for 20 minutes. If cooking the vegetarian option, cook until the vegetables are soft.

This should make at least 8 portions which can be frozen for 3 months. For a vegetarian option use Quorn mince or replace with chopped aubergine and courgette. Enjoy!

WHERE IN THE WORLD?



Each week the Geography Department will be posting a picture of an amazing place in the world. Your task is to guess where that place is! The more specific, the better. You will be given two clues and you need to submit your responses via the Microsoft Form below. Please send in your responses by **4pm on Thursday 2 April 2020**.

<https://forms.office.com/Pages/ResponsePage.aspx?id=N6W6gucuok-3-qnXxLzq5cGrPANzzsFDiqmfUFjxEshUQTJKSOpPOUIEM1g4M0pXTjdZOURHWIE3US4u>

Your clues for this week are:

- This glacier is said to be bigger than the US state of Rhode Island.
- It was discovered by a Tuscan explorer in the late 1700s

Mr L Norman, Teacher of Geography

HALLWAY GYM CLASS WITH MR MOORE (FORM 9S)

If you are a pupil in Form 9S you are invited to join Mr Moore each morning at 8:45am for a 5 minute Hallway Gym Class, which takes place before your Form time.

Mr Moore transforms his hallway at home into a makeshift gym and exercises include press ups, steps and pull ups using the bottom stair or substitute. Jogging on the spot and Stretching are also staples.

The benefits of the sessions include an opportunity for physical activity at a time when you cannot go outside a great deal, and a daily routine to help you mentally prepare for the challenging weeks ahead. Further benefits include creating a platform for class discussions and the opportunity to watch Mr Moore jog until he is out of breath!

MICROSOFT LENS

Probably the best app for sharing work which has been written on paper (or drawn) with staff as part of an assignment is Microsoft Lens. It can be downloaded to a pupil's smartphone free of charge, and the pupil can log in to their School account using their School email address and password. A multi-page document can be photographed (do not click 'done' until all pages have been photographed), and then saved in the pupil's OneDrive area as a pdf. Please make sure that **ONLY** the pdf saving option has been ticked. This is easy to upload to your teacher on Teams.

Dr A Machacek, Senior Master Academic Studies

THE WEEK AHEAD

WEEK BEGINNING 30 MARCH 2020

Please see inside The Westcliff Week for further details of the activities below.

Day	Date	Time	Activity
Monday - Friday	30 March - 3 April	N/A	Centenary House Cooking
Monday - Friday	30 March – 3 April	N/A	Centenary House Quiz
Monday - Friday	30 March – 3 April	N/A	Wargaming Team: Bloodbowl League setup (A Painting Competition will run over Easter)
Monday - Friday	30 March – 3 April	N/A	P.E. with Joe
Monday – Friday	30 March – 3 April	N/A	WHSB Art Gallery
Monday – Friday	30 March – 3 April	N/A	Mr Jeffreys' History Crossword competition
Monday – Friday	30 March – 3 April	8.45am	Hallway Gym Class with Mr Moore (Form 9S)
Tuesday	31 March	4.00pm	Westcliff Drama Online
Wednesday	1 April	1.00pm	Weekly Watch with Miss Williams: How did an English King end up in a Car Park?
Wednesday	1 April	1.00pm	M-Oxbridge English (KS5)
Wednesday	1 April	4.00pm	Bibliophiles Book Club (KS4&5 and staff)
Thursday	2 April	4.00pm	Deadline for responses to this week's Where in the World? (please see inside for details)
Friday	3 April	tbc	Lagrangian Mechanics (please see note below)

The Staff at WHSB are working during these early days to set up and prepare activities and clubs which can continue to run remotely and, as our working arrangements embed, we shall be able to include details of weekly activities on this page in each edition. Please also refer to the article from Mr Barber inside this edition for details of how to share your ideas for new clubs and activities.

Clubs & Societies

One of the most impressive facets of WHSB is the range of extra-curricular activities available, and the diverse collection of clubs and societies is a vital part of that offer. We are currently setting up a Clubs and Societies page, and will link pupils and students into that page shortly. Pupils will be able to visit this page, read about the clubs on offer, and click links to request to join those that are of interest to them.

University Preparation for Physics, Engineering and Maths

Approximately fifteen Year 13 students have already joined an online WHSB society to help them prepare for their University studies. By popular demand, last week, the session covered the use of partial differentiation and complex numbers in describing waves and oscillations. This week there has been a request for a session on Lagrangian Mechanics. This will run on Friday. Sixth Form students (or enterprising Year 11s) wishing to try this out should join the team using code **6gaeuc5**, or send a message to Dr Machacek.



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