A Note From The Principal

I thoroughly enjoyed spending some time with our Year 5 class last week. The pupils were just making a start on their latest stretch project which asks them to reflect on their current performance and consider their future careers. I was honest with them about my own dreams at their age. 30 years ago, my dream was to play cricket for Yorkshire. I went to a cricket-mad school and did well enough to be picked for the local representative team – though York and Selby district has no-where near the population size of towns and cities around here. I played well enough to be selected for North Yorkshire – though as there are probably more sheep than people in the North Riding, it’s no great shakes. I played ok, though, so I got picked for a Yorkshire trial.

I remember that vividly. I’m a batsman and, when it was my turn in the nets, I got ready to face my first ball. It was that quick, the first I knew was when the ball hit the back wall! In that split second, I realised that I was never going to be a cricketer. And I’m fine with that. I played the game at a very amateur level and love the game as a spectator. And I found, eventually, a career that I love far more than I ever would have as a cricketer.

The range of ideas that the Year 5 children came up with was remarkable, from interior design to veterinary science, from engineering to football. It reminded me of the range of destinations that last year’s Upper Sixth departed for: from traditional university routes into medicine to joining West Yorkshire Police to starting a photography business to a degree in the horse racing industry. There really is no such thing as a Fulneck “product”. We are here to help pupils follow their passions, develop their strengths and realise their own individual goals.

Whatever ideas our current pupils do come up with, it’s inevitable that they will change several times before they really embark on the world of work. I told the Year 5 class about my work experience on a newspaper – which I didn’t enjoy – and many failed job applications to big business – for which I was totally unsuited.

I continued this theme in our Senior School assembly on Tuesday, all of which can be found on the Fulneck blog. We looked at the difference between far-fetched dreams and actual goals, with the latter being realistic and planned.

Our Governors have been carefully planning the future for Fulneck. A first big step is the appointment of the next Principal with first round interviews taking place next week and the final round after the half-term break. I know that the Chair of Governors is keen to announce the appointment to you as soon as possible.

The easing of some restrictions means that we can all start to forward plan our lives with more certainty now. Whatever you are doing this half term, I hope you enjoy it.

Leeds City Council are trying reduce air pollution across the city and to stop idling engines outside schools: https://www.leeds.gov.uk/campaign/clean-air-leeds

With this in mind, when dropping off and picking up children, please can parents switch off engines when waiting in the car park.

Thank you
We offer flexible boarding options at Fulneck to support the busy lives of our parent community. It can also enable students to make the most of what is on offer after school. If you are in need of a few days support here and there, or would like to take a look at our boarding facilities please contact Mr Potts at RJP@fulneckschool.co.uk. We ask for a minimum of a week’s notice for the days that you require your child to board and they must be in Year 7 or above.

Mrs Whitehead
Boarding Houseparent
SAW@fulneckschool.co.uk

Despite torrential rain and lots of mud, the boarders enjoyed a great afternoon paintballing. All camouflaged up and ready to attack the zombies, they made their way through the forest situated on the outskirts of Barnsley. Despite the heavy rain, they all joined in with good spirit and it was an absolute pleasure to spend the day with them. We headed back in the minibus at the end of the day, with some boarders enjoying a Saturday night take away in the boarding house- a well deserved treat after a hard day shooting zombies!

Admissions
For any Admissions enquiries including school tours, please contact our Admissions Manager Livija Uskalis at LAU@fulneckschool.co.uk or on 0113 257 0235. We offer a 5% discount for each additional sibling attending the school. (T&C’s apply).
Reception have had lots of fun being scientists this week. They have been investigating floating and sinking and learnt that even a 14lb bowling ball can float on the Dead Sea! They conducted their own water density experiment and discovered that an egg sinks in normal water but will float in extremely salty water!

Year 2 are really enjoying their ‘Australia’ topic! This week we created pictures using Aboriginal symbols to retell the story of, ‘How the Kangaroo got Her Pouch’.
Year 3

Year 3 have painted their volcanoes ready to make them erupt. Their studies will now take them to look at Earthquakes and design their own earthquake proof houses.

Year 5

On Monday 10th May, Year 5 had the opportunity to visit the Ledston estate in South Milford to take part in an outdoor, woodland learning session. Pupils were able immerse themselves in the outdoor environment, discover the woodland habitat and participate in a shelter building activity. The day was thoroughly enjoyable and below are several descriptions from the day:
Our fabulous speech and drama students finally got to take their LAMDA exams today, after they were cancelled in May 2020 and January 2021 due to the Coronavirus pandemic.

The exams were a mixture of verse and prose and speaking in public. Their teacher, Miss Ruse was thrilled to finally get the chance to share their hard work with the external examiner. It’s been a long year with lots of changes to the pieces along the way and concern with class closures, but it was full attendance on the day and everyone got their chance to perform. We now wait to find out their results, but whatever they may be, Miss Ruse is super proud of all they’ve achieved in this difficult year.

If anyone is interested in signing up for speech and drama, which will continue in September, contact mar@fulneckschool.co.uk for more information.

Year 5 Coding
Year 5 have been learning how to code a racing game this half term using the Kodu software. They have designed a track to race around by changing textures, adding obstacles and making their course look aesthetically pleasing. Next they have programmed robots to race around the track, avoiding obstacles and collecting items such as coins to score points. Finally, they added a ghost bot to compete with them around their course. Lots of perseverance is needed when coding as it is easy to make mistakes and code often needs fixing by trial and error. A huge shout out from Miss Blanchard to these four digital leaders: Fionnuala, Jenna, Kara and Alexandros who all taught a different element of coding to their classmates and were on hand to fix any bugs!

Year 6
Year 6 took part in a SPAG scavenger hunt around the school grounds to see who could solve grammar clues the quickest! They worked well in teams to decipher the different grammar questions and crack the codes. Year 6 used all their knowledge and learning and applied it to help them solve the questions.

Junior School Drama Exams
Our fabulous speech and drama students finally got to take their LAMDA exams today, after they were cancelled in May 2020 and January 2021 due to the Coronavirus pandemic.

The exams were a mixture of verse and prose and speaking in public. Their teacher, Miss Ruse was thrilled to finally get the chance to share their hard work with the external examiner. It’s been a long year with lots of changes to the pieces along the way and concern with class closures, but it was full attendance on the day and everyone got their chance to perform. We now wait to find out their results, but whatever they may be, Miss Ruse is super proud of all they’ve achieved in this difficult year.

If anyone is interested in signing up for speech and drama, which will continue in September, contact mar@fulneckschool.co.uk for more information.
Future Leaders Programme

Back in the autumn term, the Future Leaders programme was launched for a group of forward thinking A Level students. The programme enables academically high performing and willing students to unlock their leadership potential through live digital coaching and online learning. The programme was delivered in modules and complemented with live digital coaching sessions and webinars with great leaders, athletes and coaches. Through introspection and self-reflection, students were encouraged to further develop their courage, self-commitment, respect, resilience and leadership skills. Last week was the final session, with live feedback and discussion from the main coach, Chris Evans. The main point of discussion was the resilience and adaptability to changes that our students fully embraced in order to turn the difficult educational experience, due to the pandemic into a positive and successful story. Well done to all our participants.

Preparation for University

In preparation for university, some of our Year 13 students have been completing extra research on topics that they will be going on to study at university. They have been reading articles and papers and have put together summaries of their findings. See below examples from Cerys and Daniel:


By Krista Cowman

In this article Cowman explores how gender shaped the activities on British adventure playgrounds. Adventure playgrounds were abandoned spaces designated for children so they could play within urban materials under loose adult supervision. These ‘experiments’ emerged in post-war Britain, a time where a woman’s traditional roles were being questioned and scrutinised. Mothers were often drawn into activism within the wider community, and girls and boys were offered different forms of play.

Adventure playgrounds may have expected to become places where gender roles were challenged, however, the emergence of the playleader, ideally a ‘charismatic man capable of taming potentially delinquent urban youth through extreme displays of masculinity’, limited this potential.

Consequently adventure playgrounds did not begin to challenge gendered play until the 1970s, almost a decade after the establishment of the Women’s Liberation Movement.

Summary written by Cerys
Biometric Systems utilising Health Data from Wearable Devices: Applications and Future Challenges in Computer Security

By Dr S Parkinson

This paper researches a remarkably interesting concept for cyber security and informs the reader of the issues that stand in this area. The paper starts by looking at each of the different ways people measure their health today, from things like smart watches, that measure your bpm to EEG machines that are used to detect brain activity. They go into description informing you of what the devices would do, moving on to how it could be used in cyber security to help secure computer systems. For example, EEG can be used to secure something because each person’s brain wave is different, but it is not practical because if someone is under stress, their brain waves change and this makes the system of security problematic. The paper also informs you that there are developments being made towards these forms of security, but no one is quite there because of the 7 key limitations that are found in most forms of these devices. We are also informed that there is a growing popularity with this research because many people would like this to make everything work better for everyone, ultimately making things more convenient. This technology will become mainstream relatively quickly and could be making all your technology much safer with limited ways to fake entry to the systems that it will protect.

Summary written by Daniel

Cricket Update

The Summer term is well underway, and it has been great to see all of our students engaging with our cricket programme. Our cricket programme has been delivered by Mr Walker our Director of Sport, in conjunction with ex-professional cricketers Paul Hutchison and Mark Lawson. We are delighted to welcome such experience to the FULNECK FULFILL students will engage in much more match play and will be all be getting themselves prepared for the week commencing Monday 7th June, when our school cricket fixtures begin. After over 12 months of no inter-school competition, this Summer, we will be delighted to see the return of school sports fixtures and I know students, staff and parents are very excited. Each team will have the opportunity to compete in a competitive fixture and use this as an opportunity to showcase their skills and to develop the important skills for life, that are all part of playing a team sport, including; developing leadership and communication skills, having that sense of connection by being part of a team and also learning to win with humility and lose with grace.
Golf Update

Our students in Junior and Senior School have been actively involved in golf within our curricular and co-curricular programme. They are working through a scheme of work which involves practising the core skills such as long iron/short iron hitting, chipping and putting. To enhance development, we have developed a strong partnership with Fulneck Golf Club and our students have been allowed access to the golf course on site. Our students have enjoyed playing a few holes on a Wednesday evening and putting into practice their skills and experience of the game in its natural habitat.

Netball Update

Since the start of the Summer term we have been working hard behind the scenes on our wider group values of belonging and leadership. In our extra-curricular sessions all girls have been divided into mixed teams, named after current superleague teams. Each team has a nominated team captain responsible for warming up and preparing their players to compete in the tournament style session. As the girls work together, our Year 7 and 8 students are learning from and being guided by our Year 9 and 10 players, who are using their experience to offer advice and coaching. All girls are being challenged in skills of game play, teamwork and leadership. It is pleasing to see the team bonding as well as the friendship and enjoyment that they are experiencing together and we hope it will bring with it a strong team culture, which will underpin a full competitive season ahead.

A special mention goes to our Year 13 Sports Captain Georgia for umpiring and helping to run the sessions despite her busy schedule. We will greatly miss Georgia when she leaves Fulneck School at the end of the year and we wish her the best with her final assessments and future plans.
According to Sir David Attenborough there is very strong evidence that suggests people who spend time with the natural world benefit mentally and tend to be more resilient.

His view is supported by research that suggests we know that spending time outdoors has been one of the key factors enabling people to cope with the stress of the COVID-19 pandemic. According to the Mental Health Foundation, throughout the pandemic, nearly half the UK population admitted that visiting green spaces, such as parks, helped them cope with lockdown. This is a really important point, as it helps us understand that a connection with nature helps unlock mental benefits – and it also gives us essential clues on how to maximise these benefits to improve our wellbeing.

Moreover, research shows that people who are more connected with nature are usually happier in life and more likely to report feeling their lives are worthwhile. Nature can generate a multitude of positive emotions, such as calmness, joy, and creativity.

Unsurprisingly, people who have strong connections with nature are also more likely to have pro-environmental behaviours such as recycling. I am sure we can all agree that at a time of devastating environmental threats, developing a stronger mutually supportive relationship between people and the environment is crucial.

To ensure our pupils recognise the importance of connecting/reconnecting with nature we have prepared a range of resources that were delivered during form time and PSHEe lessons during Mental Health Awareness Week. During PSHEe lessons pupils created 3D tulips - a symbol of mental health awareness - for a display aimed to raise awareness and encourage more dialogue about mental health. If you would like to display a tulip in your window as a symbol of mental health awareness you can download the illustration donated by Paul Cummins MBE from Mental Health Awareness Week 2021 - Mental Health UK (mentalhealth-uk.org).

Finally, here are some tips and suggestions for simple things we can all do to boost our wellbeing by connecting with nature:

- Find local green spaces to visit!
- Practise mindfulness in nature.
- Take up gardening or if you fancy being a tad more adventurous, you could even apply for an allotment!

If you would like to learn more about Mental Health Awareness Week 2021 visit:

Mental Health Awareness Week 2021

Mental Health Awareness Week 2021 - Mental Health UK (mentalhealth-uk.org)
Fulneck Fulfils

Netball Camp

Want to play and improve your netball skills, then come and join our Netball Camp led by the West Yorkshire County Academy Coaches for 3 days of skills & drills, fun games & match play.

Tuesday 1st - Thursday 3rd June 2021
9.00am to 3.00pm
Buttershaw Business & Enterprise Academy
Reevy Road W, Bradford, BD4 3PX
Ages 9 to 16 years
Cost £20 per day
LIMITED PLACES

TO BOOK YOUR PLACE and for more information please visit our website:
https://www.westyorkshirenethball.co.uk/performance.html

Fulneck Development Centre

LEEDS RHINOS NETBALL CAMP at BISHOP BURTON COLLEGE

TUESDAY 1ST JUNE - FRIDAY 4TH JUNE
ONLY £85

RHINOS JUNIOR NETBALL CAMP
AGES 9-11 YEARS OLD
9.30AM - 3PM

RHINOS NETBALL CAMP
AGES 12-16 YEARS OLD
9.30AM - 3PM

WEDNESDAYS
YEARS 4-6 5PM-6PM
YEARS 7-9 6PM-7PM

www.elitenetballacademy.co.uk
email info@elitenetballacademy.co.uk
FULNECK SCHOOL, FULNECK, PUDSEY, LEEDS LS28 8DS
Join Scientific Sue on this most historical and creative journey of scientific discovery. Her fire and icy fog breathing dragons are celebrating the hatching of their latest baby. There is just one problem: this little dragon can’t fly yet.

The Vikings are partying, so why not dress up as a Viking or dragon and join in with the celebration! Scientific Sue will investigate and explore the science of how dragons fly. Then, using some of the science behind the different dragon fire types (steam, icy fog, explosive gases, flammable liquids and of course big flames and tornado type fire), plus dragon’s disgusting digestion processes, she hopes to engineer a way which will allow the baby dragon to fly and join in with the celebrations!

Activity list
Safety glasses can be swimming goggles, sunglasses or your everyday glasses. All children are young blondes, plastic positioning, rather than glasses, should be used.

Activity 1: Experimenting with carbon dioxide
- Distilled vinegar
- Baking soda
- Balloon
- Small candle – T Light
- Small glass for candle
- Funnel (can be made from paper)
- 500 ml empty bottle
- Tray

Activity 2: Cabbage chemistry
- Roll 1/4 red cabbage and keep the juice
- Distilled (white) vinegar
- Baking soda
- Washing up liquid
- Lemon juice
- Toothpaste
- 5 clear plastic bottles (and a jug of water)
* Optional items to use to extend the science after the show

Activity 3: How to train your dragon
- Template of an acrobatic dragon
- Selection of small coins or metallic paper clips
- Sellotape
- Colouring pens/pencils

Don’t forget to cut out and colour in your acrobatic dragon!
* If you can’t print your dragon, you can copy our image, by drawing it, free hand onto A4 paper then stick it onto card.

21 May 2021
4:00 – 5:00 pm
iuki.zoom.us/
webinar/register/
WN_noBecZzG
XKxug7ZVFC4g

From age 5 and parental supervision advised.