



The Westgate School

Spring Term 2 2022 Issue 10

Newsletter



Obrigado!

Husband and wife, Armando and Jo joined the school in 1997, the same year as Roger Thomas, he as caretaker and Jo was assistant in Food Tech as well as cleaner.

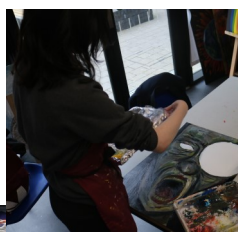
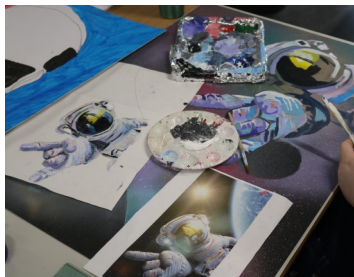
They have been loyal, hard working, trustworthy employees and Westgate is at the heart of everything they do. Nothing is too much trouble for them and they will stop at what they are doing to help you if you ask. During lockdown, Jo would cook lunch for the staff that were on-site and would not accept anything in return. The staff and students will miss them and their presence around the school greatly.

We wish them all the best of luck for their retirement back in Portugal!



GCSE Art Exam

Year 11 art students have been hard at work with their art exams in the last week of term. Their work is already looking great!



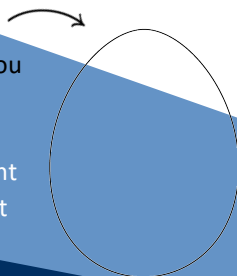
Easter Art Challenge

We want to see your creativity! Design an easter egg and email it to:
community@westgate.slough.sch.uk

This competition is open to staff and students, with prizes available for the best egg designs!

Ensure you use an egg template like this. You can either draw it or find one online.

Entries will be judged by the art department and winners will be announced in the next newsletter.



A group of teenagers accidentally kill one of their classmates. When they realise their mistake, they try to cover up the crime with the plan to frame an innocent man.

YEAR 9 PRODUCTION

DNA

BY DENNIS KELLY

Tuesday 26th April
Wednesday 27th April
Thursday 28th April

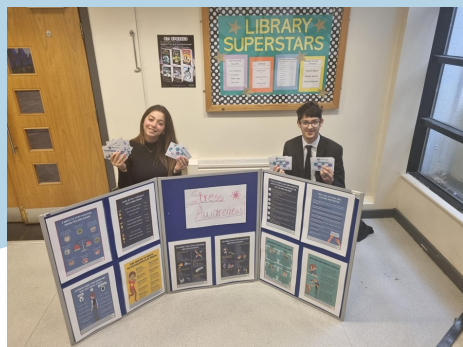
6PM - 7PM

**TICKETS AVAILABLE
ON PARENT PAY**

£2 adults
£1 under 18's

Stress Awareness Week

Stress awareness stickers – hope you managed to grab one too



Sixth form students Chloe C and Cameron S fronting the student leadership team for stress awareness week



What is stress awareness?

Stress can be defined as “the feeling of being overwhelmed or unable to cope with mental or emotional pressure”. Stress can be brought on by a variety of events, such as school, work, or personal relationships. With exams approaching ever so rapidly, stress is inevitable, but the student leadership team are here to support with stress management.

Here are the leaderships top three tips for combating stress during exam period

Practice gratitude and meditation – Saying out loud what your grateful for every morning, speaking positively about yourself, and practicing meditation can help shift states of mind vastly.

Keep a journal – Practicing journaling can increase low mood and help to relive stress. By writing your feelings and emotions you are actively clearing your mind and helping to overcome overwhelming feelings

Know your limits - During a stressful period, such as exam season, you may find yourself pushing beyond your limits and reaching a burn out.

‘Burnout happens when you're overwhelmed, emotionally drained, and unable to keep up with life's incessant demands’ Try to combat Burnout by ensuring that you don't push yourself beyond your limits, and take necessary, well-deserved breaks when needed.

What is the student leadership team doing to raise awareness?

During the week starting the 4th of April, the student leadership team will be on hand to help with any stress-related questions you may have, find us at lunch or breaktimes if you ever need any support.

Staff briefing focus on Stress awareness:

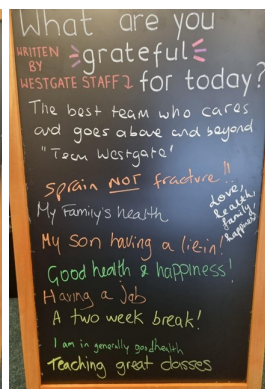
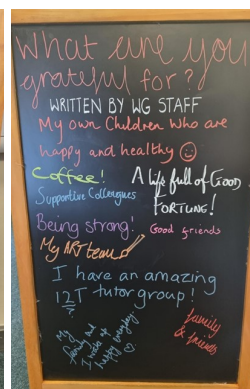
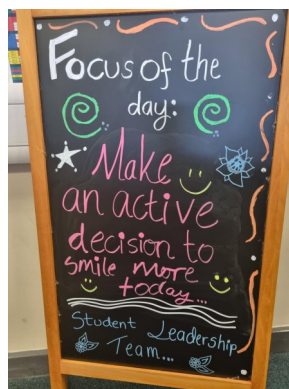
On the 6th of April 2022 the student leadership team delivered a presentation to the Westgate staff during the morning briefing, which included tips on how to deal with stress as well as some practical techniques where they all took part in. The techniques included:

- Gratefulness – where the staff were asked to write one thing, they are grateful for today.
 - Starfish hand meditation
 - Square breathing

For the first week of April, we shared five tips/activities to try at home or in school to improve your physical and mental wellbeing. One of our personal favourites – was to ensure you keep smiling! No matter how hard or stressful it may get, do not lose that beautiful smile of yours.

Your student leaders are looking forward to many more days like this to celebrate and bring awareness to...hold tight, there's more to come.

We also want to hear from you! Any ideas you have, email us at student-leadership-team@westgate.slough.sch.uk or email our student leadership lead Ms Ahmed at aah@westgate.slough.sch.uk



Sixth form students Scarlett R and Lauren R fronting the student leadership team for stress awareness week

Joshua M, Mya S and Mia I



Sixth form students Mahnoor S and Chloe K fronting the student leadership team for stress awareness week

Proactive

I was asked to speak to students in assembly about the above term- Proactive. For me, it means to 'think about others'. It's important we take stock at times, to pause and to reflect on how others think, feel and do. In the early stages of lockdown, I wanted to support and help a local charity- based nursery that my own children attended and was inspired by Lieutenant Michael P Murphy- a Navy Seal, killed in action on June 28, 2005, in Afghanistan. LT. Murphy was severely wounded but still fought on, allowing one member of his team (Marcus Luttrell) to escape before he was killed. For his selfless actions, LT. Michael Murphy was posthumously awarded the Congressional Medal of Honour on October 27, 2007. Thousands of men and women honour his memory by competing in what's known as The Murph Challenge on Memorial Day every year. It has become a humbling tradition that allows others to push themselves and persevere to honour, LT. Michael P. Murphy, a man who sacrificed everything he had for the freedom of others.



MURPH 16 of 30



1 MILE RUN
100 PULL-UPS
200 PUSH-UPS
300 SQUATS
1 MILE RUN

"MURPH"

The last few years has been a challenging time for all, and everyone has their own stories to tell through this pandemic. I wanted to show my appreciation in being Proactive by giving back and helping this local charity-run pre-school that had fostered cared, supported, and gone above and beyond for the little ones (including my own children) in the community at that time. They had been hit hard. Not able to fundraise due to protocols, unsure of what's around the corner. Yet still smiling, engaging, and instilling confidence in the kids every day. I wanted to help. So, I upped the ante and set out to complete Murph 30 times in 30 consecutive days- with a big WHY to keep me going at heart of it - helping those who put themselves on the front line to be there for our children, no matter what.

It was the hardest and most humbling thing I have ever done.

I then posed the following question to all students: *If you had to leave your home in a hurry and could only take one thing, which thing would you take?* Around the world, many people are on the move. Some are travelling for holidays or for work. Some are seeking to start a new life somewhere else. And some are forced to move – running away because their lives are in danger. One whole school "Being Proactive" project idea from Y8 student Joao A is for each Tutor group to fill a 'Tutor Boxes of Smiles' for the children all over the world who have had to flee from their homes and bring them a little happiness in the hardest of times. Over the next half term, we are encouraging each tutor group to fill ONE box which will be collected by our team to then be distributed around the world.

A wonderful, uplifting and inspired idea that is, at the core, thinking about others at these times.

Mr Fraser



Lieutenant Michael P Murphy

Sports

Basketball



Year 10 & 11 Basketball

Our Year 10 & 11 Basketball team have been coached by Thames Valley Cavaliers this term. The Basketball team played their first competitive game against Wexham School which finished in a 15-22 defeat. Despite the loss there were many stand out performance with a strong ending to the match.

Netball

Year 9 Netball Tournament

Both teams played a total of 7 games each against 6 different schools within Slough in a fast paced, challenging tournament. The girls braved the cold wind and played hard with some very close fought games. Team B were commended for their resilience and good teamwork, whilst the Team A stormed through their first 3 games with winning scores!

Overall, they came 4th.



Football

The Year 7 Football Team are coming towards the end of a fantastic first season at the school and remain unbeaten in the league going into their final fixture of the term against Churchmead. Throughout the season they have shown all positive traits, in addition they did well in the Slough Cup reaching the Finals scheduled to be played in May.

Year 9 Football Results

Double Header (Quarter Finals) vs Slough & Eton WON 8-0
League match vs Beechwood WON 5-2

Year 10 Football Results

Cup match vs Langley Academy WON 5-1
League match vs Churchmead WON 3-1
League match vs Beechwood WON 5-1
Double header (Quarter Finals) vs Slough & Eton 1-1
DRAW 4-3 WIN on penalties.



Year 7 Football Results

Cup match vs Khalsa WON 5-0
League match vs St. Josephs DREW 2-2
League match vs Slough & Eton WON 3-2
Cup Quarter Finals vs Langley Grammar WON 6-0
League match vs Trevelyan WON 5-0
Double Header (Semi Finals) vs Dedworth WON 4-0

TABLA DRUMMING CLUB

- A class for Beginners to learn how to play the Tabla drum
- You will learn solid Rhythms and notations to enhance your musical skills
- Build your confidence
- Learn more about South Asian musical instruments
- Work towards a performance of your newly gained skills

Workshops start on Tuesday 26th April

Group 1: (age 7-11 years)
4.30pm - 5.30pm

Group 2: (age 11-16 years)
5.45pm - 6.45pm

To register your interest, simply email your name and contact details to: music_service@slough.gov.uk

Our weekly sessions will be held at

Arbour Park

Stoke Road, SL2 5AY

What's Coming Up

3rd April- Ramadan start

8th April- Last day of Spring term

15th April- Good Friday

16th-23rd April- Passover

17th April- Easter Sunday

18th April- Easter Monday

23rd April- St George's Day

25th April- Start of Summer term

2nd May- May Bank Holiday

3rd May- Eid ul Fitr

27th May- End of Summer term 1

