

Message from the Principal

"Don't count the days, count every day"

Our choir went to "Voice In A Million" this week at Wembly. They have worked hard over the year to put together their performance. Voice in A million brings children's choirs together from all over the county. Our choir was made up of children from primary and secondary and we are proud that these students sang at Wembly as a team supporting each other through the rehearsals and then the performance. I know that this is a special day they will remember for a long time! Well done to all involved and to the members of staff who make it possible—especially Mrs Beckett.

A small group of year 11 studying Health & Fitness took their "real" examination. Mr Brown and I would like to commend them for their maturity in their revision sessions, their revision at home and focus during the exam.

In two weeks our rewards trips will take place. Those students who meet the criteria in relation to their day to day behaviour and attendance will be either taking part in a cinema day, visiting the Cotswold farm or experiencing Cadbury's world. We recognise that there is a cost to this to you and try to include a free experience as well as those that require funding. As a school we do have a grant where we can contribute towards a cost for students who would otherwise not be able to access such experiences. Please contact a trip leader who can discuss this with you.

Last week we launched R3s in secondary. R3s are recognition points for those students who either do something kind or respectful or have made a great contribution in their learning. An R3 will mean that you receive an e-postcard home with a message from the teacher. A number of children have already received these with more being added daily. We hope you will share this e-postcard with your child and talk to them about the message sent sharing our thanks and recognition.

Year 11 and sixth form have been receiving mocks back as part of their lessons. Each subject is going through these with them modelling the questions where they have not done so well. We are expecting them to target and improve the questions they were weaker in to improve their grade as this process will be effective revision.

Thank-you to those parents who attended the Year 11 Information Evening on Thursday. This evening was about how you can help them with their revision and the lead up to their exams. We have provided a booklet of revision tips and reducing stress. Mr Mackenzie spoke about how to make revision work. Mr Ireland talked about how to revise mathematics and Miss Marin spoke about memorisation strategies. We will provide this booklet to those of you who couldn't make it on the parents' page on the website.



Dates for your diary (Subject to change)

**Week Commencing 25th March
2019 is Week 1 on the Secondary
Timetable**

March

27.03.19—Options Evening

28.03.19—School Disco

April

03.04.19—Reward Trip T.B.C.

04.04.19 - Year 7 Parents Evening

2.30-6.30pm at OM

05.04.19—Last Day of Term

08.04.19-19.04.19—Half Term

22.04.19—Bank Holiday

23.04.19—Inset Day

May

06.05.19—May Day Bank Holiday

08.05.19—Parent Voice Drop In

2pm & 6pm @ the OM

23.05.19—Year 9 Parents Evening

2.30-6.30pm (TBC)

27.03.19—Bank Holiday

28.05.19-31.05.19—Half Term

June

17.06.19-21.06.19—A-Level/Year

9 Mock Week

24.06.19-28.06.19—Year 7/8

Summer Exams

July

03.07.19—Stars

05.07.19—Secondary Sports Day

(TBC)

06.07.19—Summer Fete

08.07.19-12.07.19—Challenge

Day and Year 10 Work Experience

Week

17.07.19—Awards Evening

19.07.19—School Finishes for

Summer

**Please continue to refer to the
School Website calendar for
regular updates.**

**Please direct any enquiries to
office@heyfordparkfreeschool.org**

Year 11 Booster and Revision sessions

	MON	TUES	WED	THUR
Lunch	Art & PE	Art & computer science		
4pm - 5pm	English (FB01 OM)	Computer science Geography History	1. mathematics (TB22 SC)	2. science (TB19 SC) 3. Spanish 4. History

Students who have been targeted are required to attend a session. We hope you will support us as we have identified that they have a barrier that is stopping them from getting high marks and grades

Revision Tip of the Week:

Use your question level analysis and feedback from your mock exams to review your revision timetable – are you focusing on the areas you were not secure on? Have you written topics against each revision slot?



eat. sleep. revise. And repeat.

Attendance

Whole School Attendance = 95.83%

Primary Attendance = 96.78%

Secondary Attendance = 95.04%

MAKE EVERY DAY COUNT!

News from the science department

Another science newsletter article, another super moon! I can't get away with writing another article entirely about our favourite satellite, but I can't pass up the opportunity to include the superb term "super worm moon" either. The "worm" name this time is because it coincides with the Spring equinox – a time at which worms are said to come out of the soil.



This full Moon has made it easy to observe an interesting optical illusion because it's been rising in the evening and therefore easy to see whilst still close to the horizon; have you noticed that it looks bigger than usual? Partly, that's because it's a super moon (slightly closer to the Earth than usual), but mainly it's because of the imaginatively-titled "moon illusion". This is nothing to do with light refracting through the atmosphere, or similar "explanations" that people might wave around to sound clever – it's just that the Moon **appears** larger when it's close to the horizon than when it's high in the sky.



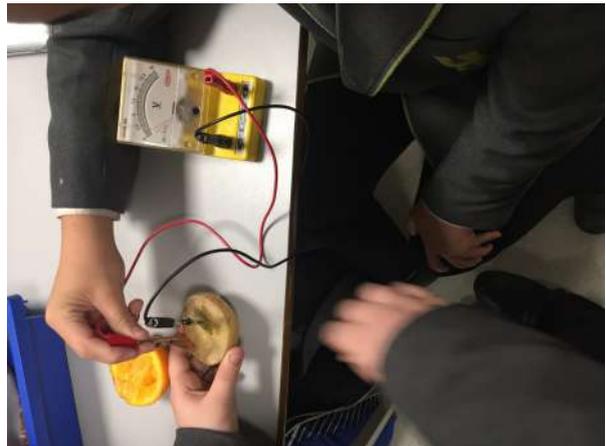
However, what I really want to talk about this week is the research of this person – Professor Felice Jacka of the Food and Mood Centre in Australia. These days, there seems to be an unending supply of fad diets and nutritional advice in the news, on television and in magazines; a string of dubious 'scientific' claims, combined with a rise in dedicated Instagram profiles and blogs have left consumers wary of the whole field of nutritional research.

Felice and her team, though, are working to combat this through rigorous, evidence-based and peer-reviewed work. Of particular interest to me are her recent studies into the links between diet and mental health. I'd advise you to read in more detail if you're interested ([link below](#)), but the short version is that eating a healthy, balanced diet with more vegetables, wholegrains and fish significantly reduces the risk of depression and improves emotional regulation. Couple this with another recent study supporting a link between being sleep-deprived and craving junk food, and I've got my next month's worth of year 11 revision nagging tips sorted. Working late leads to reduced sleep, which can tempt you towards poor food choices, which may affect your mental health and, in turn, make your sleep even worse.

Whether you're revising for your exams, supporting your children or just looking after yourself, be sure to get enough sleep and cut down on those delicious processed foods, fizzy drinks and white bread. Sorry. I'm sure you'll thank me later.

Mr Mackenzie

Year 7 have been engaging in scientific enquiry this week, looking at which fruits and vegetables produce the greatest voltage. After trial and error with which metal strips worked effectively, we found an orange to be most effective but not enough voltage to light up the bulb.



Year 8 Options Evening

Year 8 students are at the start of the process of selecting their GCSE options for Year 9.

Options Evening will be held at the OM on **Wednesday 27th March 5-7pm**.

There will be representatives on hand from each of the options subjects, as well as from the core subjects of English, Mathematics and Science. You will be able to talk to these teachers about what the subjects entail and this will help you and your child to make an informed choice.

A letter will be sent home shortly with further information.

Miss V Wallington

Senior Assistant Principal

Easter and half term revision timetable

EASTER WEEK 1	Subject	Staff	Timings	Where
Mon 8th April	Bio / Phys	IMC	9:00 - 16:00	OM
Tue 9th April	Chem	KOR	9:00 – 12:00	OM
Wed 10th April	Eng. Lit	SGI	8.45 – 13:00	EW.01
	Computer science	NLU	9:00 – 12:00	CS room (SC)
Thur 11th April	Eng. Lang	CMA	8:45 – 13:00	FB.01
	Geography	PBA	9:00 – 14:00	SC
Friday 12th April				

EASTER WEEK 2	Subject	Staff	Timings	Where
Mon 15th April	History	RRH	10:00 – 13:00	SC
Tue 16th April	Media Studies	SGI	8.45 – 13:00	Media
Wed 17th April	Spanish	FCO	Foundation: 10:00 – 12:30	SC
			Higher: 13:30 – 16:00	
Thur 18th April				

Half term	Subject	Staff	Timing	Where
Tues 28th May	Science	IMC	Flexible	OM
Wed 29th May				
Thur 30th May				
Fri 31st May	History	RRH	10:00 – 13:00	SC



Performing Arts Notices

VIAM

On Wednesday 20th March, 80 excited students from years 3 to 10 set off to join the highly successful children's choir 'Voice in a Million' in a spectacular musical concert at Wembley Arena accompanied by parent helpers, Mrs Hughes, Mrs Evans, Miss Baines and myself.

During the day the students had the opportunity to meet the guest artists; Road Trip, New Hope Club and Bring it North, to sign autographs and have their photographs taken with them. This was an emotional experience for all concerned!

The afternoon rehearsal was unfortunately hampered by technical issues, which meant that some of the songs could not be rehearsed. The students all carried on regardless and performed amazingly.

The school banner, made by year 10 students, was proudly paraded through the arena by Ashley Buddin, Ellie Pointer-McLean, Harry Macfarlan and Stacey Mukararkate.

Special mention must be made to Emily Ottoway who got through auditions to sing on stage as part of the official VIAM choir. She sang a solo in "A Million Dreams" and performed beautifully despite not rehearsing in the afternoon.

It was lovely to see primary and secondary together at an event supporting one another, cheering for Emily and cheering for Heyford Park Free School.

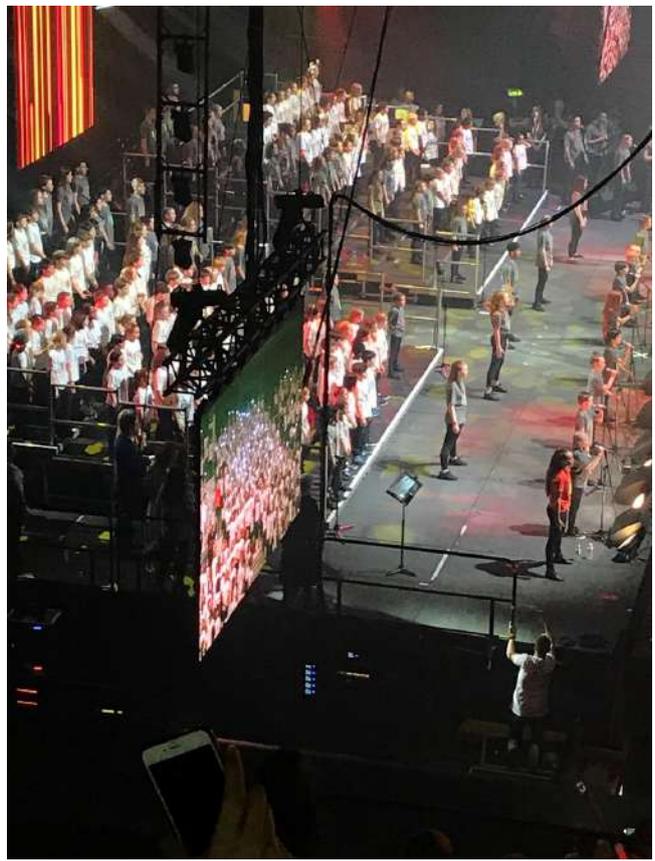
The journey home was quieter as the excitement of the day and the late hour took its toll on some very tired voices. Everyone had an amazing experience, and I would like to say how proud I am of each and every one of our VIAM choir. They sang and danced their little hearts out.

As always it is important that students talk the day out of their system. They have been rehearsing and looking forward to this day since last year and all they can do now is look forward to next year!

Watch out Wembley! We'll be back and going for that stage performance again.

Mrs Beckett





WOW, WOW, WOW

***** SCHOOL DISCO*****

Thursday 28th March

Officers Mess Ballroom

Nursery, Reception Year 1 and Year 2: 4.30 - 5.30 - Years 3
- 6: 5.45 - 6.45 - Secondary: 7.00 - 8.30

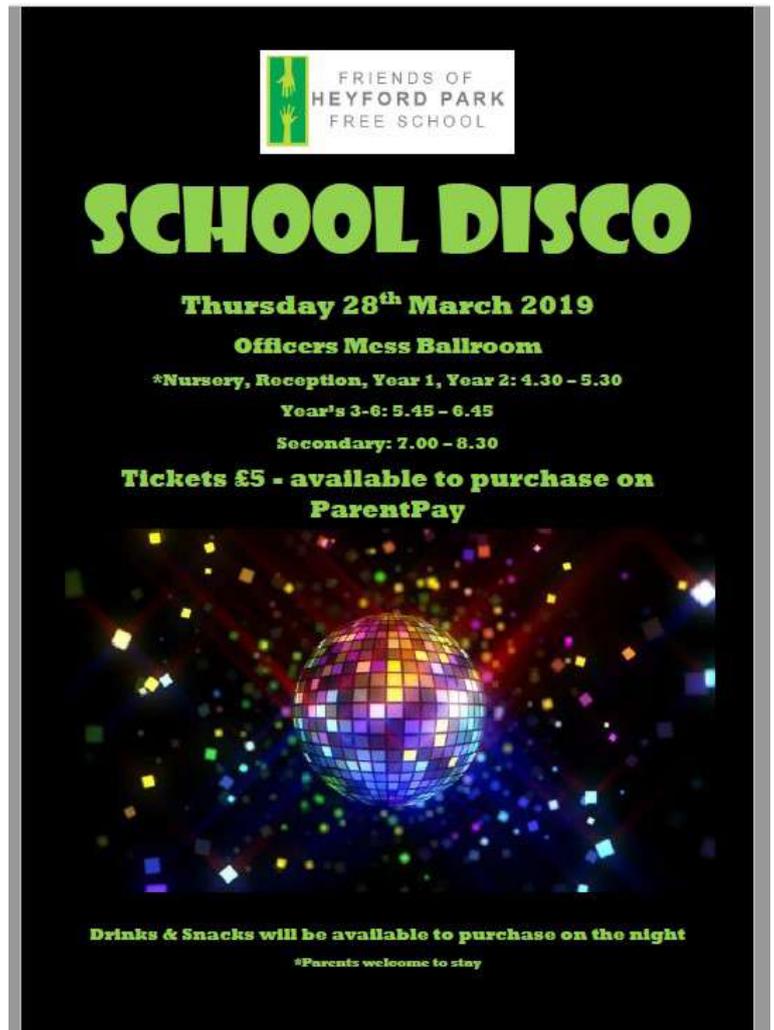
Tickets £5 available to buy on ParentPay

Drinks and snacks will be available to purchase

You are welcome to stay and accompany your child

Mrs K. Akkerman

Clerk to Board of Trustees



Duke of Edinburgh update

Parents of year 11 and year 10 students taking part in the Duke of Edinburgh Award are invited to see their students' presentations about their expeditions and get their Awards on **Tuesday 2nd April at 6:00pm** in the Ballroom at the Officers Mess.

Written invitations will also be sent to you.

Duke of Edinburgh catch up sessions will take place throughout this term in order for all students to make sure that their online account is updated and their presentations are completed. These sessions will take place on **Tuesday lunchtimes for year 11 and Wednesday lunchtimes for year 10** in Miss Baines room at the SC.

Year 9 Duke of Edinburgh students: We have had the dates for your expeditions! These will be as follows:

Friday 6th - Saturday 7th September 2019

Friday 20th - Saturday 21st September 2019

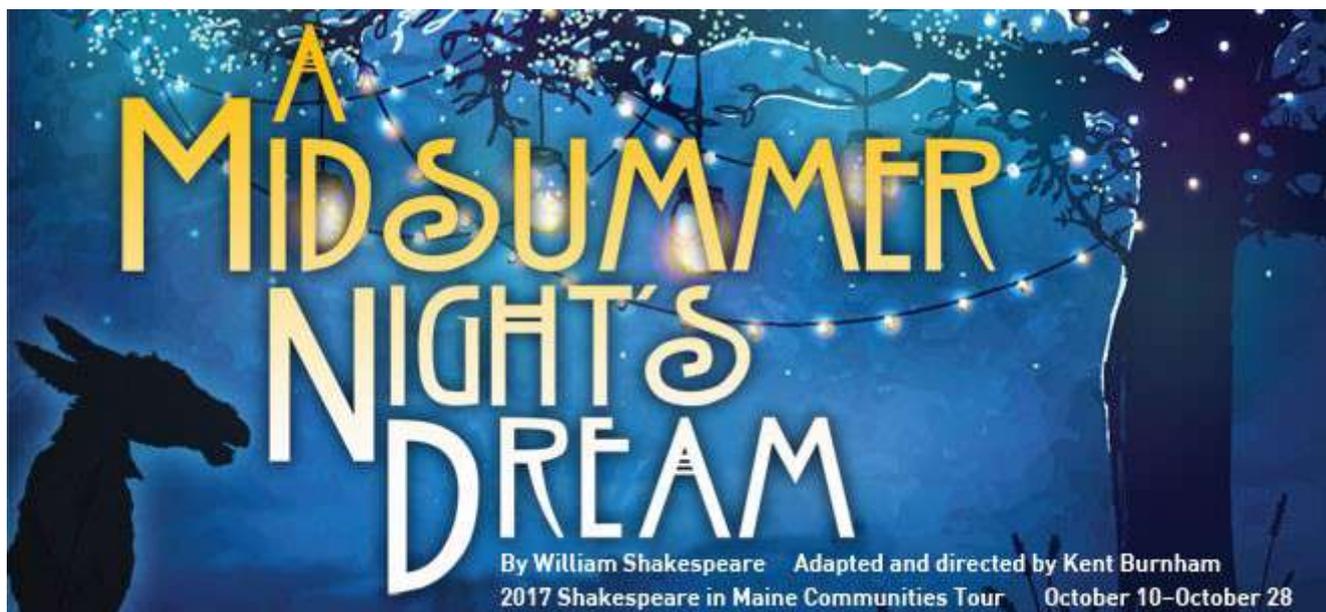
Training for the expedition will take place on Tuesday 2nd July. This will include our expedition trainers coming into school and working with students to plan their routes and their kit (this will all be reviewed during summer school at the end of August).

Miss P Baines

Duke of Edinburgh Manager

Year 7—A Midsummer Night's Dream

Year 7 students are being given the opportunity to watch a critically acclaimed performance of 'A Midsummer Night's Dream' on **Thursday 18th July 2019** in London. A letter has been sent home to all parents via Email and ParentHub.



Sports News

Oxford United FC match day tickets:

The school have been allocated 4 tickets for Oxford United v Wycombe Wanderers on Saturday March 30th (kick off 3pm) as part of the OUFC in the community match day event. This will be on a first come first served basis.

Anyone interested in going should email: jhobbs@heyfordparkfreeschool.org



Spanish News

Please be aware that students studying GCSE Spanish have their Spanish GCSE speaking exam the week beginning 1st April. This is their real GCSE and not a mock. Students will be given a timetable with details of what time they are to arrive for preparation and the timing of their actual exam.

Mrs Cochrane

News from English

The English Department would like to celebrate the courage and effort of six year 8 students who competed last week in the Sir Winston Churchill Public Speaking Competition. Although we did not win this year, the Judges were very impressed with our topic on 'Social Media and the Negative Impact this can have on young pupils'. Congratulations to Chi-Ling Lee, Clorice Corn, Hazel Durow, Keeley Wickson-Foster, Hannah Al-Ani and Layla Newman. Thank you also to Mrs. Durow and Mrs. Corn for their invaluable help with transport.

Miss Gibson and Ms. Marin

