



FEBRUARY 2020

SALVE!

THE LATEST NEWS FROM THE ISLAND FREE SCHOOL

Legal Eagles

>PAGE 2



RE and Ethics
Day

>PAGE 3



Homework of
the half term

>PAGE 4



Ethos extravaganza

At Salve we recognise the importance of great attendance and appreciate the excellent opportunities that there are at TIFS for those pupils with outstanding attendance. This issue we wanted attendance to be our front page feature, to share with you the successes that have been celebrated already and to promote our current ethos incentives.



On Thursday 12th December 2019, 28 pupils across years 7, 8, 9 and 10 headed out on an Ethos trip as a well-deserved reward for achieving 100% attendance during the Autumn term.

Fourteen pupils from years 7 and 8 embarked on a three-hour bus ride to Snow Zone in Milton Keynes to learn how to ski. The instructors taught the pupils how to change pace and steer on the skis at the indoor ski centre. For many pupils this was a new experience which they enjoyed immensely, although many of them had trouble maintaining their balance for the entirety of their time on the slopes.

A second group of fourteen pupils from years 9 and 10 discovered the fun experience of learning how to indoor skydive at Basingstoke's iFLY indoor skydiving centre. The instructors showed the pupils how to skydive at a variety of different heights. The pupils loved being able to adjust the height to suit their level and felt as though their hard work coming in to school every day certainly paid off.

By Zara G

Ethos trips this term

Will be attended by the tutor groups with the top attendance from each year group.

KS3 - Harry
Potter World



KS4 -

The

Crystal Maze



Top Tutor Groups So Far This Term

Statistics as of 05/02/2020

Year 7

7MXW - 99.3%
7JLB - 99.2%
7LKA - 98.9%

Year 8

8SRH - 98.2%
8AD - 97.8%
8SB - 97.3%

Year 9

9AES - 98.5%
9RH - 96.8%
9CB - 96.2%

Year 10

10CMW - 97.3%
10CCW - 96.3%
10AL - 96.2%

Year 11

11DWS - 96.5%
11VT - 96.2%
11SMG - 95.3%

WELCOME

Here we find ourselves at the end of another term. It has been a somewhat nerve wracking half-term with more upcoming mock exams for the year 10 and 11s.

Every day we move closer to GCSE examinations, and we know how hard it can be to manage the many aspects that we have to undertake to achieve them.

Therefore we feel it is necessary to recognise the collective efforts of everyone involved in our exams, helping us the pupils, get through and perform to the best of our ability.

Thank you all; fellow pupils, teachers and parents for supporting each other, and us in every step of our individual paths.

Harvey O and Beau E

Editors-in-chief



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Legal Eagles

On Saturday 7th December, pupils from The Island Free School took part in the Island's Young Citizen's Mock Trial competition. Our team, consisting of a mixture of pupils from years 9, 10 and 11, acted out a trial against teams of pupils from around the island, all of whom were representing the schools' sixth forms and year 11s.

Pupils took on the roles of: prosecuting barristers, defence barristers, ushers, court clerks, witnesses and jury members. Miss Sparrow was "enormously proud of the pupils for their hard work, determination and the incredible professionalism which they demonstrated on the day".

The Crown Court judge who was judging the competition praised our pupils for "their confident public speaking skills, the witnesses for their thoughtful answers and the barristers' opening and closing statements".

This was our first time entering the competition and we are pleased to say that our team placed 1st and were awarded the High Sheriff's Trophy! Congratulations to all who took part and this fantastic achievement.

By Isaac W



The latest from our Published Poet

On Friday 10th January 2020, Eleisha P of year 9 Caesitas had one of her recent poems published. The piece, entitled 'life's not easy' was published in a recent anthology of works by the company Young Writers who accept literature from fledgling authors around globe. The poem itself deals with themes of emotional upheaval and the freedom which can come with sharing your thoughts with those around you.

I felt so isolated
I felt like no one listened
I thought I had it all calculated
It felt like I was imprisoned.

When I finally told people
The ones closest to me
understood
People were equal
Most people just misunderstood.

But it felt like I could be myself
My life wasn't twisted anymore,
I wasn't all by myself,
It was no longer a war.

I feel happy
It's finally out there.

Poem by Eleisha P

By Joseph F and Victor S

 **YoungWriters**
Est. 1991

Feature: What can you expect as you move towards GCSEs?

Coming to secondary school can be intimidating for some people. The change of pace and new environment can be a shock to the system, as expectations are risen from what we were used to at Primary level. All this talk about the mysterious exams which we will sit at the end of our time here has got us wondering: exactly what can we expect when we reach our year 11 exams?

We thought, who better to ask than the year 11s themselves?

One year 11 had the following to say: "Well we are all very nervous about the grades we will achieve but I think that with the quality of education we have received and the amount of revision we have done, we should get a reasonable score". We think this a great response but wanted to know what would happen if you opened the envelope and the results were not what you were hoping for? "I think I would be momentarily upset if that were the case, but ultimately I would still be proud of all the hard work I have put in and the incredible experiences I would not have had if it weren't for TIFS". We asked if they had any advice for the younger pupils at the school to help them on their journey towards year 11? "Put the work in now! The harder you work in the lower years; the more knowledge you will have gained by the time you reach the higher ones. Then it's just a case of revising effectively"

By Reece W and Elliot G



TEACHERS IN THE HOT SEAT

RE Day Special

Mr Balch, Music teacher, and organiser of all things RE and Ethics

What is your favourite instrument?

I like so many instruments, saxophone, cello and piano but I would have to say my favourite instrument is the trumpet because that's the one I have always played. I've learnt it since year 7.

How do you plan RE day?

RE days in year 7 and 8 are all about the main world religions. We do 2 days about Christianity, then Judaism, Islam and Hinduism. On the first day we learn about the basic beliefs of the religion and where it comes from. On the second day we look at a particular festival connected to that religion, like Diwali.

What do you enjoy most about RE day?

I enjoy RE day as I get to go around the classrooms and see what they're doing. I love dropping in and chatting with pupils about their work. At KS3 it's really practical; they are making and drawing things a lot, so I take photos of all the lanterns and elephant heads.

Do you ever envisage music and RE day coming together?

On the next RE day, the year 7s are doing some Jewish music and dancing. When pupils move to year 9 and 10, we have a connection with Platform One

Interview by Harvey O



KS4 Poetry Workshop

During the last RE and Ethics day KS4 created some responses to themes that they had explored in the previous half term. Some pupils took part in workshops throughout the day. In the poetry workshop pupils composed group poems. These were based on photographs of conflict past and present. They selected lines from individual poems that they had written. They then worked collaboratively to arrange and edit the individual contributions to make a coherent poem. Each poem was given a title.

We have selected one to share with you below:

War Never Changes

The woman's family peers through the window
Their mother is facing an armed soldier
her hands raised in supplication
She begs but he doesn't listen
while soldiers in the background walk away
A gun fires. Bang! Bang!
Blood drips slowly from his forehead
hits the cold ground and disappears
in almost an instant
as if it was never shed.

By Harry, Jack, Toby, Mrs. Murgatroyd.

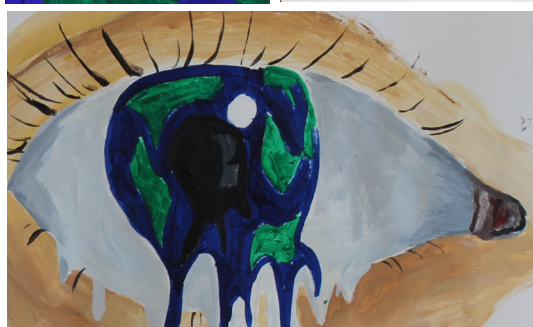
Pupils also wrote haikus inspired by conflict, there are some examples below.

Fight for the nation soldier
Fight for our country.
Go, you can do it soldier.

Harmonising with the pain
Running but still caught
Run away, they said they'd help

By Kelsie L

RE and Ethics Day - In Pictures



The Day - RE and Ethics

RE Day, for Years 7 and 8, and Philosophy and Ethics Creative Day, for Years 9 and 10 were held before the end of last term, on Thursday 12th December. Year 7 explored the Christmas story and how it is celebrated around the world by re-writing the birth of Jesus in modern form. We interviewed some year 7s to see what they thought of the day, and they revealed that their favourite activity of the day involved making their own stained glass windows.

Year 8 discovered the religion of Hinduism and the festival of light (Diwali) by creating lanterns and making sweets that pilgrims would take on their religious journey.

Years 9 and 10 learnt about the law and how it affects others, looking at incarceration and the results our current systems have on our society. Pupils created some amazing protest art when attending a morning workshop led by visiting artist Richard May. Others completed a poetry workshop in the morning with a local writer during which they wrote some fantastic prose based around the themes of control and confrontation. When interviewed, one pupil said that they "enjoyed learning about the law and how it effects people. We discovered how important the law is because it helps to set boundaries in society".

By Elliot G and Zara G

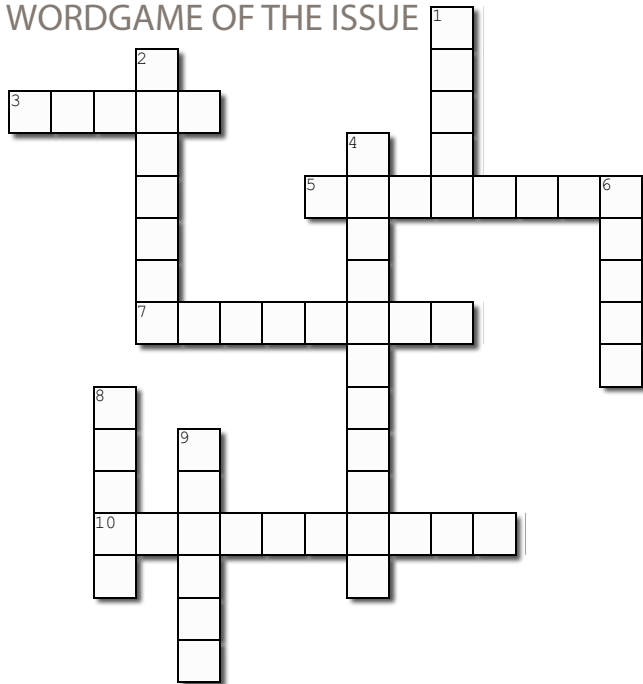
NUNTIUS

THE NEWS ROUND-UP

WALKER'S WISE WORDS FOR SUMMER SHOW SUCCESS

Cacti and succulents are easy plants to look after and will last for years. I have a Christmas cactus that is over 20 years old! Don't give them too much water - allow them to dry out slightly between waterings, some don't need watering at all in the winter. So why not buy one now, put it on a sunny windowsill and remember to enter it in the Summer Show?

WORDGAME OF THE ISSUE



Across

- 3 Almost like a holiday
5. Who educates our pupils?
7. Assigned work to be handed in on a deadline
10. What we do for an hour after lessons

Down

1. What is our school's specialism?
2. This year's entry to the Shakespeare Schools Festival was
4. How our day begins
6. The TIFS school newspaper is called
8. Which lesson involves physical activity?
9. The season after winter and before summer...

Made by **Kelsie L**

Focus on wellbeing...

At Salve, we are always looking for new tips and activities to improve our wellbeing. As we begin the new year, we are focussing on the practise of meditation, which is said to improve both mental and physical wellbeing...

What is meditation?

Meditation is a practice where a person uses techniques which focus their mind in order to train their attention and awareness, therefore becoming more mentally clear and emotionally calm.

It is all about training your brain in order to get a healthy sense of perspective, rather than trying to turn off thoughts or feelings. A lot of people try to understand their feelings by meditating.

How is meditation good for us?

Meditation increases blood flow to your brain, which is beneficial as the brain's function increases with a strong, steady flow of blood to it. This can help you concentrate for longer periods of time and helps with the memory.

Many styles of meditation can help reduce stress and can also reduce symptoms in people with stress-triggered medical conditions. Reduction of stress has also been shown to boost the immune system, which means you are less likely to get ill.

Meditation causes muscle relaxation, which is good for the physical wellbeing of your body. A variety of different techniques can help you relax the brain as well as the body, helping you to control the 'runaway' thoughts that can interfere with sleep. This can shorten the time it takes to fall asleep and increase sleep quality.

How do I meditate?

Follow these simple steps for beginners:

- Find a quiet place where you can sit or lie down comfortably, without being disturbed.
- Take a few deep breaths and close your eyes.
- Let your breath return to normal. Make no effort to control it; just breathe naturally.
- Focus your attention on your breath and on how your body moves with each inhalation and exhalation.
- If your mind begins to wander, try to bring your focus back to the body and the sensation of breathing. You can count your inhalations and exhalations if it helps you to focus.
- Aim to continue focusing in this way for five to ten minutes.
- Open your eyes and take a moment to notice if you feel any calmer than you did before.

Why not have a go at meditation during times which you are finding stressful, or make it part of your daily routine and see how it benefits you?

By Joe F

Homework of the Half Term

Sophie P -

Viridis

Jayden H

Viridis

Hannah P -

Rosea

In class, Year 7 have been studying how William Duke of Normandy kept control once he conquered England in 1066. One of his chosen methods was to build Motte and Bailey castles across the country. Some of the pupils decided to make their own versions of these castles for their History homework and we were all incredibly impressed with their ingenuity and effort. Very well done.

Peace's Pun

What did the buffalo say when he waved his boy off to school?

Bison!

What do you call a fake noodle?

An impasta