



Misbourne News



The Misbourne Presents



Tickets available on ParentPay

LEGALLY Blonde

7, 8 & 9 February 2023

7.30pm, Main Hall

Music and Lyrics by
Laurence O'Keefe and Nell Benjamin

Book by
Heather Hach

Based on the novel by Amanda Brown and the Metro-Goldwyn-Mayer motion picture

This amateur production is presented by arrangement with Music Theatre International
All authorised performance materials are also supplied by MTI www.mtishows.co.uk

Headteacher's Welcome

Dear Families,

I am delighted to introduce the Winter 2022 edition of Misbourne News, which celebrates the achievements, successes, learning milestones, hard work, support and fun that we have had as a community over the past term.

As we begin closing the door on 2022, it is appropriate to reflect on how this winter feels very different to last. The importance of vaccinations in helping overcome the Coronavirus has reinforced to us all the need to foster the next generation of scientists; the impact of energy price rises on cost of living underscores why mathematical budgeting skills, business entrepreneurship and food nutrition are important; and, in winter months when spirits can dwindle, the ability to engage with others socially and responsibly, to create and entertain through the arts, and to focus on the future, are all vital. This is why education is so important - to nurture these skills, opportunities and possibilities.

It has been a busy term, packed with Open Evening, our IntoTheSixth event, Consultation Evenings for Years 9 and 11, Dr Van der Spoel's presentations for Year 11 and their families, Year 11 trial exams, the official opening of the Sports Centre, and our Winter Showcase. And next term promises to be no less jampacked!

I'm also pleased to update families on the completion of upgrading wifi across campus in preparation for the

introduction of one-to-one devices for Year 7 in September 2023 and the conversion of the old Sports Hall into a permanent exams facility.

Thank you to all of you who have played your part in continuing to make The Misbourne such a unique learning community. Wishing you a restful and relaxing break.

Rich Peters



Message from the Chair of Trustees



Dear Students and Families,

This year has not been without its challenges and, sadly, I think that 2023 will be equally challenging for many of us. However, over the following pages you will have a chance to reflect on the many success stories that The Misbourne has enjoyed over the past term.

As Mr Zair highlights in his Wellbeing article, it is important that, during tough times, we take the time to focus on the good in our lives. The Misbourne is a strong community and I am regularly reminded of the many incredible things that our students and staff achieve every day - many of them

are highlighted on the coming pages. So, our congratulations to all our students on their many achievements this term; thank you to our fantastic staff for their ongoing care of and dedication towards our children; and, finally, thank you to all our families for your support. These are challenging times but we can all draw strength from belonging to such a positive and supportive community.

With that in mind, on behalf of the Trustee Board of The Misbourne, I'd like to wish you all a healthy, restful and peaceful Christmas and New Year.

Kate Goodwin

Staff News

The end of term always signals a time for some staff to move to pastures new. This term, we have said a fond farewell to:

Mrs Ralph-Coles, Safeguarding Officer
Miss Howlett, Cover Manager
Mrs Khaliq, Computer Science Teacher
Ms Whitfield, Art Teacher
Mr West, Librarian
Ms White, Attendance Officer
Miss Green, Pastoral Officer
Mrs Jarvi, Cover Supervisor
Miss McGenity, Science Technician
Miss White, Librarian
Mrs Delaney, Art teacher

Thank you all for all you have done during your time at The Misbourne - we will miss you!



As we said farewell to old colleagues this term, we welcome:

Mrs Tew, Administrator
Miss Day, Safeguarding Officer
Miss Brown, Attendance Officer
Miss Burns, Teaching Assistant
Mrs Walker, Administrative Assistant
Ms Rogerson, Food & Design Teacher
Ms Gibbs, Art & Photography Teacher



Student Leaders' Report

Here, our Student Leaders report on the various initiatives they have spearheaded over the past term.

This term, we had our first termly meeting with all the student leaders in all years, ranging from Year 7 to the end of the school Year 13. It was so lovely to see so many excited faces eager to get involved with improving and introducing ideas to the school.

Lauren R in Year 13 and Mr Worth (Assistant Head) had the pleasure of leading this meeting. Firstly, we all focused on the leadership structure for the upcoming year: Year 13 Head Students of each small school (Attenborough, Franklin, Turing and Holmes), the Year 13 Deputy Heads of each small school and then in each year group, student leaders for each small school. We have also introduced one student prefect for each year group.

The contribution to Miss Bell's (Lead Practitioner) questionnaires on learning approaches was very successful and we received plenty of positive feedback and engagement from the students. Next on the agenda was recycling and one of our school's objectives that we aim to tackle immediately! All student leaders are responsible for emptying the recycling bins in their form rooms, encouraging all years to help the school environment.

Mental health initiatives and Peer Mentoring

This year our Student Leadership Team has had an increased focus on improving the mental health provision for our school. It's a significant and compelling opportunity to better all students' experiences and we're doing this through meetings with leaders in our school such as Miss Lewis and Mr Zair. These meetings have consisted of going through questions aiming to seek constructive feedback on different services within the school. For instance, discussing making The Misbourne more inclusive by creating societies or introducing more clubs as well as days we are proposing to strengthen the Anti-Bullying initiative, which is something that our school is eager to take part in. We are hoping to have this ready in 2023.

Another path the Student Leadership Team has been working on to increase mental health support is the Peer Mentoring programme, run by Miss Styles and training provided by *Mind*, the mental health charity. This started last school year, and with some more volunteers from Year 12 and Year 13 already signed up it will soon be underway again. This provides students with a place to go at break times to talk to a mentor about any worries or issues they may be facing and gives an opportunity for students to talk to others in a relaxed, welcoming

environment. Many of the student leaders have been mentors and seen the very positive impact this programme has had on students within the school. As soon as all the mentors have been trained, students will be informed about Peer Mentoring through assemblies and form times, with new posters going around the school too!

Handball Tournament

On 14 October, our Student Leadership Team, as well as members from the rest of Sixth Form, participated in an inter-school handball competition. This was important for demonstrating the teamwork skills within the small school system and the competitive nature of the sixth form community. It saw a range of different individuals coming together to achieve a collective goal. Even though there were winners and losers, everyone was supportive of each other, which was the main aim for the event. A positive atmosphere was created by the lower school students that watched and cheered, giving the sixth formers motivation as well as an extra boost in their play. We hope in the future to carry out more events such as this where we can integrate students from year 7 to year 11 to establish a further togetherness within the school.

It's been a brilliant start to this year for the Student Leadership team and we look forward to achieving even more next term!



Sports Centre Officially Opens

In October, we were delighted to welcome David Dein, MBE, Ambassador for the Premier League, International Ambassador for the Football Association and former co-owner of Arsenal FC, to 'officially open' our new sports centre.

At the formal opening ceremony, Dein said, "I am delighted to officially open this new sports centre at The Misbourne. Promoting health and fitness in the next generation of sports people is vitally important, and having top-quality facilities will only help to encourage greater participation."

The ceremony provided a chance for all the organisations involved in bringing the sports centre to fruition, including Buckinghamshire Council, the architects and contractors, as well as Trustees, staff and supporters of The Misbourne, to see the fruits of their labour. Speaking on behalf of Buckinghamshire Council, Councillor Anita Cranmer, Cabinet Member for Children's Service & Education at Buckinghamshire Council

said, "The new development provides excellent sports accommodation for the Academy and wider community. This signifies our ongoing commitment to investing in our schools and continuing to provide excellent facilities to enhance the prospects of our young people."

"A portion of the funding for the sports hall has been through developer contributions. New development is not always universally popular but this is a good example of how well-planned new developments can contribute to new infrastructure in the county."

Our new sports centre, which has been greatly enjoyed by students this term, incorporates an impressive 695m² indoor sports hall, a 185m² bespoke performance studio and a fully-equipped fitness suite. These facilities are accompanied by four large student changing rooms, complete with full washing amenities, and staff changing rooms.

In addition, the development, which took 18 months to complete, has included a full redesign of the student coach drop-off area and a new larger car park for school and community use when hiring facilities.

Rich Peters, Headteacher, said, "We are pleased formally to open our impressive new sports centre, which will provide excellent sporting facilities for our students, staff and the wider community alike for many years to come. The Misbourne has a very strong sports and performance offer for students at all key stages and it will be wonderful to grow this still further with this state-of-the-art accommodation.

"The new facilities will benefit everyone in the local area, providing a much-needed sports hub in Great Missenden. We look forward to working with local sports clubs to maximise the sports offer to people of all ages in the locality."



Careers Guidance

On 2 December, after completing their Trial Exams, Year 11 were off timetable to get involved with the Year 11 Careers Day. The students looked super smart in their work wear and impressed the volunteers with their mature and focused approach.

Workshops included:

- Mock interviews with the local business community
- Team building and leadership workshops with the Army and Navy
- Sixth form workshop focussing on post-18 choices
- Apprenticeship workshop delivered by ASK
- College presentations from Henley, BCG, BCA and Aylesbury UTC

Following Careers Day, we took a group of Year 11 students to Bucks College Group in Flackwell Heath and BCA (Maidenhead) to see the wide range of college courses on offer, to help them understand the pathways available to them after Year 11.



Year 12 (13) Careers Day

In September, we managed to rearrange the Year 12 Careers Day that was postponed in July due to the 40 degree heat wave. To help the students with their next steps, they worked their way around a carousel of events:

- CV workshop where students worked one to one with the local business community to turn their draft CV into a workable document
- LinkedIn Workshop where our Enterprise Advisor ran an active

session with students creating their profile and entering key information ready to network with the business community in preparation for applying for work

- Group assessment activity - using a blue chip company's assessment centre activity students participate to gain experience for when they go through recruitment and selection activities for the workplace

- Online interviews. As students have face to face interviews in Year 11 we are keen for students to also experience an online interview, especially as many employers use this as part of their selection process now.

Thank you to our many volunteers who make all of these activities possible.

Law and Psychology Society

Students interested in pursuing a career in Law or using Psychology in their role have attended our lunch time societies to hear first hand from ex-Misbourne students and other professionals about what their roles entail and routes into their positions.

Our student Careers Leaders are currently conducting some research with the sixth form students to see which other careers societies we will set up in the new year.



Rebecca Maina, PhD (She/H)
Course Leader, LLB, Solent University



Dr Sam Waterman (She/Her) · 1st
Clinical Psychologist in Community Neurological Rehabilitation at Buckinghamshire Healthcare NHS Trust



Isabel Rigby (She/Her) · 1st
Trainee Solicitor at Herbert Smith Freehills



Irfan Arif · 1st
Barrister at 9 Lincoln's Court



Torileigh Matthews · 1st
Education Mental Health Practitioner (Trainee) at Hertfordshire Partnership University NHS Foundation Trust (HPFT)



Peter Shandley · 1st
Corporate Counsel at Expedia Group



Imogen Cotter · 3rd
Clinical Psychologist at NHS

BUCKINGHAMSHIRE NEW UNIVERSITY
EST. 1891

Dr. Ciarán O'Keeffe (He/Him) · 2nd
Head of School of Human & Social Sciences at Buckinghamshire New University

Buckinghamshire New University

Young Enterprise

Dragons' Den online competition

The Young Enterprise students impressed the Dragons Den judges (local business people) in the recent Chiltern area competition. According to the judges, they were 'very resourceful'

and displayed 'impressive attention to detail' and 'smart decision-making'. In addition, they 'came across as a fully-functioning team with shared purpose and highly motivated'. The judges also commented on the 'excellent, strong team presentation' and 'high energy'. The students 'responded well to questions, thinking on their feet'.

'Excellent market research and external networking' also helped the team secure a further £50 of prize money to go towards their company finances.

Watch this space to see how the team develops and markets its products.



Careers, Further and Higher Education Fair April 2023



YOUR
SCHOOL
NEEDS
YOU

We have started to plan our annual careers fair. We have not held this event for the past couple of years due to covid but we are keen to bounce back and give our students exposure to a wide variety of careers. Ordinarily we would have over 100 organisations attend the event. If you or any of your colleagues / network would be willing to speak to our students and families about what a career looks like in your business or industry, please get in touch: hhill@themisbourne.co.uk

Winter Showcase



On 13 December, The Misbourne Performing Arts department hosted its Winter Showcase. Our students performed a variety of acts ranging from Christmas music to pop music.

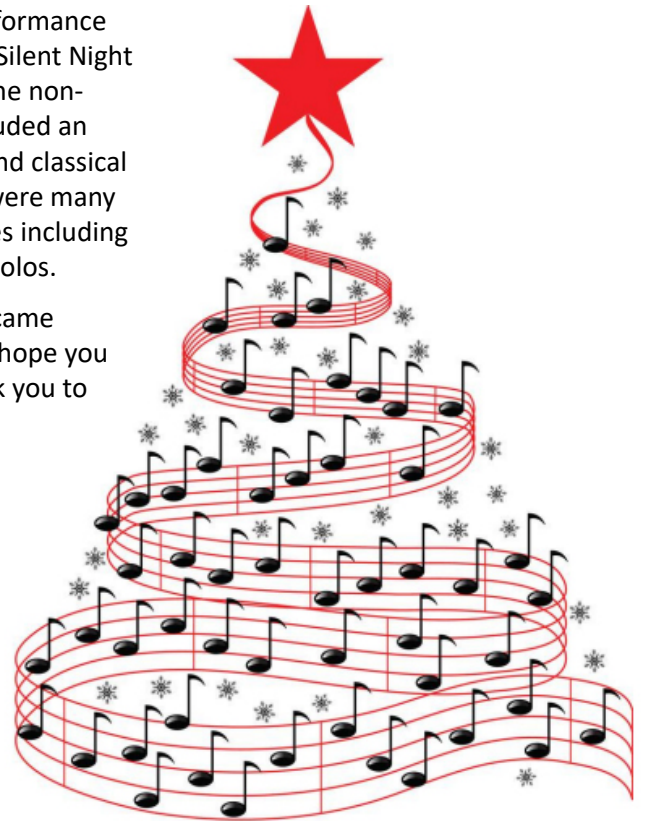
The concert had acts from all year groups and also contained a sneak peak of our school musical, *Legally Blonde*. Key acts included a choir performance of Christmas classics such as Silent Night and Winter Wonderland. Some non-Christmas performances included an English poetry competition and classical music performances. There were many varying types of performances including bands, choir and duets, and solos.

Thank you to everyone who came along and supported us - we hope you enjoyed the show. And thank you to

our Performing Arts teachers for all their work in helping us to put on the performance.

Dates for your diaries: Legally Blonde will run on 7-9 February, 7.30pm.

Rebecca S, Year 12



Age Concern concert

On 15 December, The Misbourne Voices Choir was invited to sing at the Age Concern Lunch at the local Baptist Church in Great Missenden. Lots of people enjoyed singing and dancing along to songs such as Winter Wonderland and Sleigh Ride. Singers and audience members alike had a fabulously-festive time.

Thank you to Julie and Age Concern for inviting us.



Elective Enrichment

'Elective Enrichment' is part of our Year 9 students' timetables and provides students with the chance to undertake an area of study beyond their existing curriculum. This has been an exciting development to our curriculum, allowing students to choose a different area of study to complete each term from a choice of 10 activities, ranging from wellbeing to alternative sports and the opportunity to be a young apprentice.

Throughout the term, students have 11 one-hour lessons taught in their chosen area, culminating in a final outcome of a piece of work, a performance or increased knowledge and understanding of that topic.

We are thrilled at how well the Elective Enrichment curriculum has gone; students have been thoroughly enjoying the activities and there has been excellent engagement.

Here are some highlights from some of the activities we have run this term:

Contemporary Dance

Over the past term we have been exploring Contemporary Dance in our Elective Enrichment classes. We have studied technique and performance, through teacher-led classes, creating short motifs, corner work and a whole group dance piece.

The second half of the term has had a choreography focus and we have been discovering how to create our own work. The students have worked hard to choreograph in duets and trios their own interpretation of the style of dance.

Piecing everything together in the last two lessons, we finish with a 3-minute dance routine that everyone is involved in and contributed to.

The class has been fun and relaxed, filled with experimenting and confidence building!

Mindfulness and Wellbeing Group

Students have developed the skills

to calm down (emotional regulation) when they feel on edge, upset, or angry, helping them to make good choices under pressure. We've practised basic meditation skills to use the breath and the body as a connection point when the mind wanders or in moments of stress, to help focus in class, or simply for relaxation. We've learned about how the brain's natural warning system has evolved and how to find pleasure in life's most simple things, like eating, or being grateful for even the smallest things. I think the students would say the best part was doing a mindful eating session with chocolate buttons, or falling asleep during the sleeping meditation!

Alternative Sports

This term, in Alternative Sports, students have had the chance to experience a range of non-traditional sporting activities. These have included Kin-Ball, Tchoukball and Korfball. The students have been fantastic in participating in these sports as well as quickly picking up the rules while applying them in a competitive environment. The students enjoyed working together in teams and developed their own tactics to be successful. Well done to all students for your hard work, effort and commitment in trying out something new.

Media

Media Elective Enrichment has got off to a fantastic start, with students first researching, then planning, their own advertising campaign. Students then went on to create their own adverts,

using Canva along with their own, original photography.

Following this we have moved on to the more complex programme of Photoshop, with students learning how to place an image inside text, creating glowing text and even blending images. We have studied film posters, with students re-creating or creating their own film posters. Finally we have created graphic design, bespoke Christmas cards in the run up to the Christmas break.

Enterprise

We were extremely proud of our Year 9 Enterprise enrichment class who set up businesses back in September, brainstormed products to develop and completed the project by selling their wares at the Christmas Tree Festival at St Peter and St Paul's Church in Great Missenden.

As part of the project, students conducted market research, produced their own marketing campaign, worked out their finances, pitched to our Business Manager (Dragons' Den style) to gain funding and then organised the production of their chosen products. The students were a credit to the school when they negotiated, and used their selling skills within the local community. Well done team - we definitely have some budding entrepreneurs about to enter the business world!



Enterprise group selling their wares

Elective Enrichment - what our students said

"I really enjoyed cheerleading because I expected us to go into separate groups and do our own routines but we all learnt together and it was so much fun. Some were more experienced than others so I had fun learning the lifts and moves from them." **Matilda**



"I really enjoyed dance because we could show our creativity through choreographing our own duets and trios. It also felt safe because our teacher (Miss Brazier) was really inclusive. It was easy to express myself and it was lots of fun." **Megan**

"In Enterprise we got into groups of 4 people who we wanted to do our projects with. We then came up with ideas of what we could sell. Next we created a presentation and received £10 to buy ingredients/parts for our stock. Once we'd made the stock we took it to the church to sell. We got to keep the profit that we made." **Sophie**

"I chose dance as I love dancing and teaching dance outside school. I loved how we could contribute to the dance and how we had the freedom to lead warm ups and teach some dance steps to the class. It was something that I looked forward to every week and it made my Friday extra fun. It was really relaxing to not be tested on a lesson but to just have enjoyment and freedom. For me, there was no stress but pure fun and joy. I really enjoyed doing dance and I'm thankful that we get elective enrichment to take our minds away from stress and exams." **Abigail**



"I really enjoyed using all the machines in the fitness suite. I enjoyed helping my friends with exercises and pushing to do better than you had done last time. Mr Poeti was really fun and made the lessons fun as well." **William**

"I did the human mankind activity and it was one of the coolest experiences I've had, the teacher was really passionate about what he was teaching meaning it was easier to engage in the lesson and I learned loads of new things. The activities were unique and allowed us to discover things about ourselves. Also, we gave a presentation that made me more comfortable with public speaking." **Emily**

"In music, we had the opportunity to form our own bands with other people and start creating our own songs with lyrics. We selected the instruments we wanted to play - I played keyboard - and went into private practice rooms with our bands to start to form our songs. It was a really fun experience being able to choose freely what I would be doing and getting lots of help, support and advice from the amazing Mr Riley who taught the lesson. I would definitely do it again as I always looked forward to it!" **Erin**



"I enjoyed media because it was very social and team-centred, which means I got to talk to all the people around me. I liked the aspect of being creative and having to use different programmes, such as Photoshop and Google Classroom." **Cameron**

"Media was a great lesson to end a week with. It was a very chilled class and I enjoyed going to the lesson. Although the things we did I found tricky, I managed to do it and it was a great achievement." **Eddie**

Festival of Science and Engineering

In November, the Year 13 Religious Studies students took part in the Festival of Science and Engineering for St Peter and St Paul Church, Great Missenden. Our students worked incredibly hard to use their knowledge on Religion and Science to produce three brilliant displays that highlighted how the two

disciplines can work together, rather than be against each other. Below are some photos from the event.

The Festival itself was picked up by the Diocese of Oxford, one of the biggest Diocese in the country, which specifically mentioned our students' contribution in its [online report](#) of the event.



Young Chef Competition Winner

Many congratulations to Year 10 student Sophia B for her 1st place in the local heat of the Rotary Club Young Chef competition.

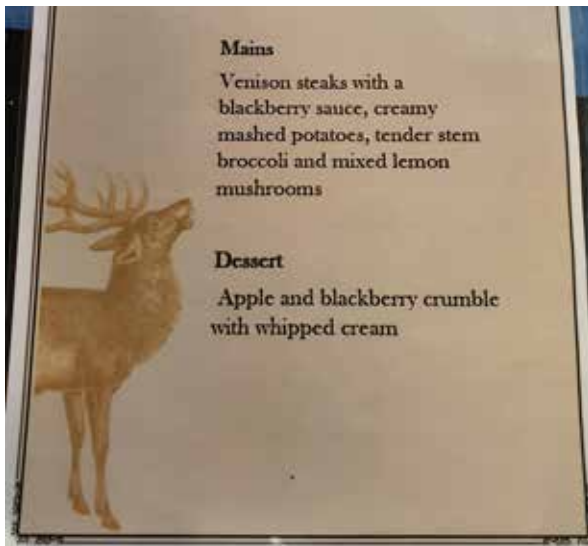
Sophia took her place among eight other heat finalists on Saturday 19 November at Pipers Corner School to produce her two-course menu, for two

people, at a cost under £22. She had to also complete a timeplan and costing analysis, considering local ingredients and carbon footprint.

Sophia's success now takes her to the Regional Final at Hertfordshire Catering College in February 2023.

Huge congratulations to Sophia on her success from a very proud Food Preparation and Nutrition teacher; enjoy spending the winnings!

Mrs Cato



Power of Poetry

The inaugural Power of Poetry competition was launched last term to Years 7-10, where students could write a poem on a subject of their choice.

After much consideration, two of our finest writers in Year 11 judged those who have made the final ten. The winners were...

1. Daisy Yr 8

2. Summer Yr 8

3. Zuzanna Yr 8

4. Chloe Yr 10

Read Daisy's winning entry, *How Could Cupid Be So Cruel?*, here.

How could Cupid be so cruel?

Gam,

Wake up,

Look nice,

Put the effort in.

Fam,

Eat,

Only enough to make you steady when you stand up,

But not too much.

Sam,

School,

Show time like you have been shoved on stage,

The bright light blinding you.

Smile,

Brush hands like it said in the video,

One among millions you sacrificed your sleep to watch.

Nothing,

Sacrificed sleep,

Countless tears,

Edits upon edits about the meaning of love,

All the butterflies.

No reaction,

Nothing.

How could Cupid be so cruel?

How could he,

One that looks a beautiful Greek statue, frozen by Medusa, ever love me?

Me who has the look of a broken mirror; chipped, scratched, distorted,

Something of no use; ever be loved by him.

Beauty and the truth

Helping students to develop good mental health and a positive self image is increasingly important when they are bombarded by social media messages. Abigail D, Year 7, reports on an innovative workshop that is helping them to do just that.

The Beauty and the Truth workshop was really fun and one of the best workshops I've ever been to. The ladies that were running it were lovely and I had a smile on my face from the moment I entered the room to the moment I left it.

To get to know one another at the start we played Queen Bee, a game where you choose someone in the circle to throw a teddy to and then you add more and more teddies until they are all in the circle. Then we got into four different

groups because there were four stations to go to.

My group started at the station where you draw body shapes and discuss how you feel about them and which body type most girls want but don't have. We also discussed how everyone should love themselves and their body because you are the only you in the whole world. I thought this message was very important and everyone is amazing in their own way, plus life is too short to moan about your body and the way you look when you could be out with your friends, having fun.

The next station we went to, we were given a word and we had to draw what that made us think of whilst she asked us what some of our insecurities are (if you didn't mind sharing them) and what some of the things we love about ourselves are. This station was fun

and made me feel good about myself because I knew I wasn't the only one with insecurities.

At the third station my group made bath salts and we talked about what calms us down and what makes us happy. I loved this activity and it taught me ways to calm myself in moments of stress.

At the final station we were asked questions about beauty and make-up and what we thought about them. Another important message from this station was the fact that nobody is perfect. During the workshop they asked us what they could improve on to make our experience the best it could possibly be; for me they don't need to do anything more - it was amazing!



Working towards better student wellbeing



The Misbourne is committed to looking after the wellbeing of all its students. In September 2022, we took the positive step of appointing our first Lead of Student Mental Health and Wellbeing. Here, Mr Zair provides an overview of his new role together with, on the next page, his top tips for supporting your wellbeing this winter.

I joined The Misbourne in September 2022 and have two main roles here - as a Geography teacher and as the lead for

student mental health and wellbeing. In my opinion these are two of the most amazing things to be a part of: understanding how the world works, and working to ensure that our young people are equipped to live healthy lives, develop resilience to cope with challenges, and work towards a life of purpose and pleasure.

We already have outstanding provision to meet acute mental health challenges faced by any of our students, with two counsellors across the week, and a range of intermediate support strategies coordinated by Mrs Lemonius and Miss Styles. This really does set us apart from other schools in the area and we are working hard to increase our capacity to support more students in the months and years ahead.

Having been in my previous job for ten years, I was quite nervous to start this new role, but the Misbourne community quickly helped me feel settled and I'm hugely enjoying working alongside such passionate staff and genuinely wonderful students. Starting a new role reminded me that challenges can be daunting and there's always a part of me which holds doubt - but by giving it a go I usually surprise myself. Anxiety at times can feel overwhelming, so by having a 'give it a go' attitude towards small challenges, we build confidence to take on the bigger challenges when they

come along. I think parents are key here - our instinct can sometimes be to say "you don't have to do it, don't worry, just stay home today", because we want to protect our children. Each time we duck out of the way of a small challenge the grip of anxiety tightens a little and so it's that bit harder to overcome next time. It's a fine balance, but developing a kind and fair 'have a go' attitude can be very helpful in building long-term resilience.

It's fair to say I'm looking forward to some family time and a few mince pies over the festive season, some calm before the arrival of a new addition to my family in early January. However, Christmas 2022 already has a different flavour to past years with political and economic concerns across the UK and beyond. With temperatures dropping outside there's definitely one eye on the heating and electricity in my home and I'm very conscious about the presents I'm buying. And for those families in our community who don't celebrate Christmas, the winter goes on all the same. TooledUp Education offers a range of excellent strategies for coping, setting new year goals, and bonding with children over Christmas.

Best wishes for the Christmas season.



Wellbeing words of wisdom

Here are some of Mr Zair's suggestions to keep wellbeing at the heart of the home this winter:

- Regular bouts of exercise and fresh air boost our mood and also make us feel better about the food and drink being consumed. Plan them in, whatever the weather!
- Plan for some 'quiet time'. Lots of time surrounded by people and family can be tiring - it's OK to want some alone time in amongst the festivities!
- Secret Santa: rather than everyone buying a present for everyone else, buy one meaningful present for one person in the family this Christmas. This greatly reduces cost and production which means we're also doing our bit for the planet.
- Gift an experience rather than a possession. The one thing my mum likes more than a nice breakfast and a coffee is time with her kids, which is pretty rare these days. Why not make a card and a voucher that says, 'Dear mum - breakfast in the new year, my treat, just the two of us!'
- Buy pre-loved. Ebay and Facebook Marketplace are great places to find a bargain, save money and put cash into other local people's pockets.
- Check on a neighbour, make time for phone calls, write a letter. In a world where whatsapp makes us more connected than ever, taking time to connect in a more meaningful way has benefits to the giver as well as the recipient.
- Quality time - board games, walks in the crisp air, classic TV, visiting friends, singing carols... the simple things often make the best memories.

Christmas can also be a tough time of year. If you know anybody who doesn't seem their usual self, or maybe who is struggling to come to terms with personal loss this year, keep an eye on them. Always 'ask twice' if they're ok. Amersham Men's Shed is a local community of blokes who meet with other like-minded men in a purpose-built shed on a local farm. It's great - get in touch with John for more details or head along on a Monday. 07710 169 925 AmershamMensShed@email.com

If your mental health is in a real slump, don't judge yourself too harshly. It can be tough to feel blue when everyone else around you is having fun. There are people you can talk to any time who won't judge you - they're free, anonymous and they're always open.

Excellent support organisations include:

- Samaritans. Call on 116 123 (UK-wide) or text SHOUT to 85258 (UK-wide)
- CALM (Campaign Against Living Miserably): Website: www.thecalmzone.net Phone: 0800 585858 (7 days a week 5pm-midnight)
- Kooth is an anonymous online support service for people aged 11 to 18 years - www.kooth.com

These services are for anyone who's struggling.

There is plenty more wellbeing advice and the contact details of organisations that offer support on our website: www.themisbourne.co.uk

Remember, look after yourself and never be afraid to speak up.



TOOLED UP[®]
BECAUSE EVIDENCE MATTERS

Helping parents to support children through the teenage years

This term, The Misbourne is excited to have launched a new collaboration with Tooled Up Education; an inspiring online digital library of resources for parents and teachers on all aspects of parenting, education and family life. The founder, Dr Kathy Weston, has collated the best and most up-to-date research from around the world and distilled it into usable resources that are easy to understand and which can be applied to all of our daily lives.

The list of subjects covered on the site is comprehensive and includes topics as diverse as: supporting your child with social media use; understanding common health issues; stress-busting techniques; embracing and valuing diversity; school holiday planning; dealing with loss and grief; promoting good mental health. Dr Weston's regular 'Wednesday Wisdom' is a weekly two-minute read on topical and relatable experiences that help provide reflection, motivation and support in achieving a balanced family life.

Dr Weston is passionate about bridging the gap between research and real-life parenting. As a busy parent herself, she understands that loving parents want to do the 'right thing' and that parenting is full of joys, but also many challenges. Our children have a vast educational and life journey ahead of them. It is important that they are 'Tooled Up;' equipped psychologically with the resilience required to reach their destinations safely and successfully. Watch this clip to find out how the site works.

Get Access to Tooled Up Now:

Simply click on the link below to set up your own personal account by entering your email address and our unique school PIN number. If you cannot find this, please contact your child's school base.

[Create my Tooled Up Account](#)

Once you have created your account, you will have immediate access to the entire library of research-based resources, which will help you to support your child in their journey into early adulthood and beyond.

As a 'Tooled Up' parent, you will:

- Feel more supported on your parenting journey.
- Be able to access evidence-based tips that can help your child to thrive and reach their potential.

Be able to ask any question and get the answers you need, sourced from the highest-quality research evidence.

Tooled Up is here for you!

Tooled Up is a dynamic library of evidence-based tips; growing in response to parents' requests for further information. Don't miss out on Dr Weston's emails, which will keep you updated about new resources and topical issues. When logged into Tooled Up, go to the 'My Profile' page and check that you have ticked the box to let her know you are happy to hear from her. We are delighted to be working together with Tooled Up Education to provide this support to you and your family.

If you have any questions then please do not hesitate to contact Tooled Up directly on office@tooledupeducation.com.



Families' Forum update

We would like to thank our Families' Forum parent volunteers who meet Mrs Golla once a term to share feedback and discuss ideas from a parents' perspective. In the last meeting they discussed the two-week October half term, homework and the ability for parents to see what is being set, as well as a range of PE questions around clubs, to name just a few things!

In response to the ability for parents to see homework set for their children and the use of Satchel:one, we are pleased to say that we've now successfully rolled out Google Guardian to all year groups. Guardian updates deliver directly to families' email inboxes and we believe this is superior to the Satchel:one arrangement of needing an app and login details. Our user stats told us that fewer than 50% of parents/carers logged in to Satchel:one so we are confident this new approach is more convenient and should reach more families. As a

guardian you can't view documents that are attached to your child's assignments but we encourage all parents/carers to look at home learning tasks with their child rather than separately and your child will be able to show you any extra documents on their account.

We are currently undertaking a review of home learning as part of our ongoing curriculum work and exploring how home learning can best be used to support progress in the classroom. Students in Ke Stage 3 should receive home learning as set out in our published schedule. We encourage families to contact us if they have any concerns about the frequency and/or quality of home learning activities.

In addition to Google Guardian, we are pleased to have launched DPR to families in Year 7, Year 8 and Year 9. This gives families detailed information about curriculum objectives for

each subject and students' progress towards these. Teachers are using this to make updates that are available 'live' to families, providing a clear understanding of their child's progress in all their subjects at any given time.

With regards to PE kit, our Families' Forum members have asked us to clarify that both versions of the PE sports top/polo shirt can be worn by both boys and girls.

On the subject of PE, we must also highlight that, unless stated otherwise, all sports clubs are unisex therefore any student is welcome to attend any sporting activity. Please encourage your son/daughter to get involved in as many activities as possible. The co-curricular schedule is updated every term and is available on our website [here](#).

If you would like the opportunity to be involved in future Families' Forum meetings, please email Miss Shaw on kshaw@themisbourne.co.uk

Festival of Sport

On Thursday 10 November, The Misbourne held a Multi-Skills festival inside the new sports centre for local Year 1 pupils. 90 Year 1 children attended, assisted by the Year 13 Sixth Formers from The Misbourne. Our students helped our visitors to enjoy a

range of different activities, including relay races, ten pin bowling, a catching masterclass and lots more!

The local co-ordinator for the multi-sports festivals, Mr Picton, commented, "The Sixth Formers were amazing all day and organised a truly excellent event with compliments from all the schools involved. Well done to all!"



A swimming success

Matthew H in Year 11 reports on how he turned his passion for swimming into a successful skill for his Silver Duke of Edinburgh Award.

For the skills section of my Silver DofE, I decided to train as a Swimming Technical Official. These are the people who are usually dressed in white that are positioned around the pool during swimming competitions and they are there to ensure the swimmers comply with the rules of each stroke during a race and to time the swimmer. Unlike many sports, such as rugby or football where you need probably only three match officials, swimming needs about 20 Technical Officials for each session in an 8-lane pool.

As I was already a competitive swimmer, I thought it would be good to see swimming from the other side. After completing an online course and some poolside mentoring on what to look for, where to position myself, and how to interpret the rules, I soon qualified as a Judge Level 1 and in March this year I became Swim England's youngest licensed technical official. If a gala doesn't have enough officials, then no

matter how fast they swim, the times the swimmers achieve are not eligible to be included in the British Swimming Rankings and that might mean that someone with a fast swim is not eligible to compete at national and international championships.

I spent the first half of this year helping out local clubs at various competitions and in July was lucky enough to be selected to officiate at the British National Swimming Championships at the Ponds Forge International Pool in Sheffield. I am now the youngest technical ever to officiate at a UK National swimming competition. During the week, I worked for 25 racing sessions spread over 7 days. It was a great chance to meet new people and work as a team and across the week the officials supported:

- 21 Clubs
- 64 hours of racing
- 1861 swimmers
- 4200 swims
- 520 heats
- 204 Finals

- 16 swim-offs
- 2 Para World Records
- 4 British Age Group Records

You never know what swimmers will pop up in your lane... after all, Tom Dean still swims at his local club and sometimes other famous swimmers drop in at local galas if they need a new time on British rankings.

I am definitely looking to continue my Swimming Technical Official's training for my Gold DofE and to progress to be a starter next year and, perhaps, a referee in a few years' time.

Pictures are provided by British Swimming and are from the British Swimming National Summer Championships at Ponds Forge in July 2022.



Update from Friends of The Misbourne

Wow! The last half term of 2022 seems to have flown by, as it always does in the run up to Christmas. The half term started with the BookBuzz assembly, where every Year 7 student received a free book, which was bought with funds donated by Friends of The Misbourne. It is wonderful to see the students directly benefitting from the fundraising activity that is carried out throughout the year.

Friends of The Misbourne has been busy with events and fundraising, including the recent Wreath Making evening, which was a real success. Thanks to the careful guidance of Billy from Backwoods Experiences, everyone headed home with very impressive-looking creations.

We also hosted two discos for Year 7 and Year 8 that were, by all accounts, great fun!

In addition, we ran the refreshment stall at the Winter Showcase last week, with hot chocolates proving particularly popular in the icy temperatures.

We have been continuing to participate in *Your School Lottery*, which is a really easy way to raise money for the school while giving players a chance to win big! And don't forget our Preloved School Uniform shop if any of your children have outgrown their uniform this term. Please drop any donations of good-quality second-hand uniform to reception.

Equally, if you would like to purchase

any second-hand uniform, please email Jane via preloveduniform@themisbourne.co.uk

There are some exciting plans for next term which will be announced soon. As always, if you are interested in joining Friends of The Misbourne, please do let us know. You can email on friends@themisbourne.co.uk.

For now, all that remains is to wish you all a very Merry Christmas from all of us at Friends of The Misbourne.



**THE MISBOURNE
5K & 10K**



Save the Date: 24.6.23

www.misbournetrailrun.org.uk

Friends of The Misbourne is actively working to raise funds for the school for the benefit of all the students.

Please support our ongoing initiatives:

Amazon Smile

When you shop on Amazon, visit smile.amazon.co.uk and select The Misbourne school as your chosen charity. Every time you spend, the school will receive a financial donation.

Easy Fundraising

Check out the Easy Fundraising page for a wide range of online stores that will donate money to the school every time you shop online. Visit easyfundraising.org.uk to register and choose The Misbourne as your charity. Stores include Argos, M&S, John Lewis, Tesco, ASOS, Boots and more.

Preloved Uniform

Friends of The Misbourne runs a second hand uniform shop at the school. You can buy preloved items or donate unwanted uniform. Email preloveduniform@themisbourne.co.uk to request items, which can be picked up from school. Please drop off donations to the school office in a bag clearly marked FOTM Preloved Uniform.

Your School Lottery

For just £1 a week, you will be entered into the Your School Lottery draw and be in with a chance to win The Misbourne's weekly prize pot and be entered into the £25k Jackpot Draw. Visit yourschoollottery.co.uk/play and search The Misbourne.

**JOIN THE
FOTM TEAM!**

Extra hands & new
ideas welcome at
all times!

Contact us on email friends@themisbourne.co.uk
Find us on FB & Instagram @friendsofthemisbourne

Diary Dates - Spring Term 2023

Date	Event
Tuesday 3 January	Whole school INSET Day - school closed to students
Wednesday 4 January	All year groups return to school
Friday 6 January	Year 11 Trial Exam Results afternoon
Monday 9 January - Friday 13 January	Year 13 Trial Exams
Thursday 19 January	Year 12 Consultation Evening
Friday 20 January	Year 11 Dr Van der Spoel Day
Tuesday 24 January	Year 11 Revision Guidance Evening
Friday 27 January	Year 8 HPV immunisations
Thursday 2 February	Year 9 Guided Choices evening, 5.30pm
Tuesday 7 February - Thursday 9 February	School production of Legally Blonde
Monday 13 February - Friday 17 February	HALF TERM BREAK
Monday 20 February	All year groups in school
Monday 20 February - Friday 24 February	Year 11 Core Trial Exams
Thursday 23 February	Year 13 Parents' Consultation Evening
Monday 6 March - Friday 10 March	Careers Week
Tuesday 7 March	Year 9 HPV immunisations
Wednesday 8 March	Year 7 Day to Work
Thursday 9 March	Year 10 Parents' Consultation Evening
Thursday 16 March	Year 12 Futures Evening
Wednesday 22 March	Year 11 into 12 Orientation Event
Thursday 23 March	Year 8 Parents' Consultation Evening
Tuesday 28 March	Learning Enhancement Day / Year 13 Careers Day
Friday 31 March	Non-uniform day. TERM ENDS AT 3.10pm

All dates correct at the time of going to press. For the latest information, view The Misbourne website calendar [here](#).



THE MISBOURNE
INSPIRING MINDS • BROADENING OPPORTUNITIES

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The Trustees take seriously their responsibility to safeguard and promote the welfare of children. More information regarding The Misbourne safeguarding can be found on our [website](#).