

A Specialist Humanities College

NEWSLETTER



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IMPORTANT NOTICE

Parents/carers will have noticed that we now have automatic barriers installed at the entrance to the main and sports hall car parks. These will be coming into operation before the end of term so that access to the car parks will be limited to staff, deliveries and visitors to the school. Could we please also ask parents/staff not to park anywhere in the car park where double yellow lines are displayed. They are there for a reason!



Message from Matron

The power of sleepMany of us want to sleep as little as possible — or feel like we have to. There are so many things that seem more interesting or important than getting a few more hours of sleep. But just as exercise and nutrition are essential for optimal health and happiness, so is sleep. The quality of your sleep directly affects the quality of your waking life, including your mental sharpness, productivity, emotional balance, creativity, physical vitality, and even your weight. No other activity delivers so many benefits with so little effort!

Understanding sleep Sleep isn't merely a time when your body and brain shut off. While you rest, your brain stays busy, overseeing a wide variety of biological maintenance tasks that keep you running in top condition and prepare you for the day ahead. Without enough hours of restorative sleep, you're like a car in need of an oil change, you won't be able to work, learn, create, and communicate at a level even close to your true potential. The good news is that you don't have to choose between health and productivity. As you start getting the sleep you need, your energy and efficiency will go up. In fact, you're likely to find that you actually get more done during the day than when you were skimping on shuteye.

How many hours of sleep do you need?

According to the National Institute of Health, the average adult sleeps less than 7 hours per night. In today's fast-paced society, 6 or 7 hours of sleep may sound pretty good. In reality, it's a recipe for chronic sleep deprivation.

Average Sleep Needs

Age	Hours
Newborns (0-2 months)	12 - 18
Infants (3 months to 1 year)	14 - 15
Toddlers (1 to 3 years)	12 - 14
Preschoolers (3 to 5 years)	11 - 13
School-aged children (5 to 12 years)	10 - 11
Teens and preteens (12 to 18 years)	8.5 - 10
Adults (18+)	7.5 - 9

While sleep requirements vary slightly from person to person, most healthy adults need between 7.5 to 9 hours of sleep per night to function at their best. Children and teens need even more. Despite the idea that sleep needs decrease with age, older people still need at least 7.5 to 8 hours of sleep. Since older adults often have trouble sleeping this long at night, daytime naps can help fill in the gap.

Uniform

Please can we remind girls, and their parents, that skirts need to be of a suitable length so embarrassment is not caused to others when bending over, or sitting down. Others do not want to see their underwear! It may be fashionable but this can cause others around them to feel very uncomfortable when they are too short. This is particularly the case now that the weather is warmer and girls are not wearing tights under skirts. Unsuitable skirts will be confiscated and a suitable length skirt will be provided temporarily.

Also, can I please ask that if you have any outgrown items of uniform, please could you donate them to our emergency supplies where they will be gratefully received?



Historical Figures at John Colet.



Our school is named after John Colet (1467-1519) and (as mentioned in recent newsletters) a mosaic in his image greets all visitors to the reception area. Information about his life can be found on the school's website. However, 6 other historical figures are part of our daily life at school. These are the people who give their names to our 6 tutor groups.

Some of them are world famous, such as Benjamin Disraeli and William Gladstone; others had a major impact on national and international events, such as George Canning, John Hampden and Edmund Burke.

In forthcoming newsletters we will be publishing a series of articles, researched and written by some of our gifted History students, looking at each of our tutor group names. In this edition two Year 7 students, Rebekah Ferris and Joy Chiappella, introduce us to the least well known of our historical figures, Sir Richard Steele. Their article can also be found on the school website.

Mr C Measures

Sir Richard Steele



Sir Richard Steele was baptised on the 12th March 1672 (we are unsure of his date of birth). He was born in Dublin, Ireland and later became a writer and Politician. However his first book "Christian Hero" was scorned as he drank and duelled occasionally; this contradicted his preachings.

During his childhood, he was mainly raised by his Uncle and Aunt, Henry Gascoigne and Lady Katherine Mildmay. He was educated at Charterhouse School because he was a member of the Protestant Gentry. Here he met Joseph Addison for the first time, who, together with Steele, later founded the magazine "The Spectator" a version of which is still published today.

He went to Merton College, Oxford after starting at Christ Church. He then joined the Life Guard of The Household Cavalry to support King William's wars against France. He was promoted in 1697 and rose up in the ranks of his cavalry branch within 2 years. However, he disliked the army and left in the year 1705, though not before he had fought a duel in Hyde Park with a rival.



In 1713 Steele became an M.P. ; however, he was soon expelled from Parliament for publishing a leaflet favouring the Hanoverian Succession. Following his succession, King George I, the first Hanoverian ruler, reversed Steele's political fortune and knighted him. During this period Steele continued to write; his works included political essays and comedies for the stage as well as editing several journals and magazines.

Steele married a widow called Margaret Stretch, in 1705 but she died in 1706. He met his second wife Mary Surlock, at her funeral. This devoted couple married in 1707. Mary died in 1718, Steele's only surviving daughter Elizabeth married John Trevor, 3rd Baron Trevor, around this time.



On the 1st September 1729 Sir Richard Steele died, and was buried at St Peter's Church in Carmarthen, Wales. His skull was accidentally revealed in the 1870s and was rediscovered in 2000 during church restoration. **Rebekah Ferris 7 Burke & Joy Chiappella 7 Steele**



More French Breakfasts!

We got to sit where we wanted and I sat on a table with Emma Anderson, Emma Johnson, Emily Ranieri, Ellie Riche, Grace Meadows and Ilana Graham. There were 6 - 7 helpers who gave us a plate of food which contained brioche, croissant and baguette; my favourite was the baguette. We then went to get drinks and I had orange but there was also a choice of Strawberry, Chocolate or Chocolate Brownie milk. Emily, Ellie and Ilana went and got chocolate spread and put loads of it on. It was so funny as Emily was going hyper (really hyper)! After that we did a quiz and got 10 out of 10 so had to take part in a tie-breaker as 2 other teams did as well, which we won. I loved the breakfast!

Afterwards, Emma Johnson and I pretended that we were in a proper French restaurant and spoke French to each other and it was really funny! Thank you Ms Simpson for a lush French Breakfast. **Louise Hawes - 7H**

We went to Languages 1 in Period 1 to have our French Breakfast. We sat down in tables of 9 and on my table was Alex Band, Henry Morgan, Michael Rousell, Jack Timberlake, Sam Crook, Jeremy Spreyer and Lawrence White. I had a strawberry milk shake and then our food came:- 1 croissant, 1 baguette and 1 pain au chocolat but I ended up having about 4 pain au chocolat because not many people liked them. We took part in a quiz and I was in a team with Alex, Henry and Lawrence and we scored 8 out of 10. Overall, we had a great time! **Matty Clarke - 7H**

My group had Emma Anderson, Louise Hawes, Emily Ranieri, Ellie Riche, Grace Meadows and Ilana Graham. there were 6 - 7 helpers who gave us a plate of food which contained brioche, croissant and a mini baguette. Our group then went to the front of the classroom and got our drinks. There was a choice of Strawberry or Chocolate Milk, Chocolate Brownie Milk and Orange juice. I had chocolate milk and then orange juice. Emily went and got chocolate spread (Nutella) and put loads on, so did Ellie and Ilana! It was really awesome! Emily was going hyper. We then did a quiz and our group got full marks! so had to take part in a tie-breaker with 2 other groups. We drew with 5/6 then Mrs Simpson asked us to guess her first name (with the abbreviation in brackets) - and our group won! So thank you Year 11s and Mrs Simpson for such a fantastic breakfast! **Emma Johnson - 7H**

Wednesday 25 May was the day we had the French Breakfast, during Period 1.

This included :-

Pain au Chocolat, Croissant, Baguette, Jus d'orange, Jus de pomme, Milkshake au chocolat and au fraise. Everyone enjoyed it. We also had spreads like beurre, confiture and nutella.

After we had eaten, we took part in a quiz about France. We got 8 out of 10, although someone else got 9 out of 10. One of the questions asked, "What are the colours in the French flag? Overall we had fun. Thank you Mrs Simpson! **Joy Chiappella, Lilly Neill, Sally Sharp, Mollie-Anne Thorpe - 7S**

We recently enjoyed a beautifully prepared French Breakfast. Me and my friends sat down and shared some lovely French food such as croissants, pain au chocolate, brioche, chocalate milkshake, strawberry milkshake and orange juice. But the difficulty was having to ask for everything in French. On behalf of all of 7D, I would like to thank the Year 10's for preparing our food for us and Mrs Simpson, of course, for organising the event, and all the members of staff that helped. We all had a really good time. **Amy Conway, Talia Goodair, Katie Ewart-Warren, Maddie Hancock, Emma Sulivan, Sadie Fewster, Toni-Anna Palombo. 7D**

Mrs Simpson organised a French Breakfast for Year 7 in order for us to practise our French. Different forms came at a set times to ask in French what they wanted and it was a great opportunity for them to try new foods. Everyone enjoyed the breakfast and it was a great experience. I hope we can do it again in the future. **Lauren O'Neill 7D**

8th JUNE - BUCKS HERALD NEWSPAPER

Previous John Colet School pupil, Pamela Relph, who left school in August 2006, has recently been in the Bucks Herald Newspaper after winning World Cup rowing gold for Great Britain, and has now set her sights on qualifying for the Paralympics in 2012. This is after overcoming shattering news nine months ago that she had severe arthritis. Her rise in the sport was inspired by her sister and Olympic hopeful, Monica Relph, who introduced her to rowing just days after Pamela had been discharged from the army on medical grounds.

We would like to wish her the best of luck for the future.



PARALYMPIC SUMMER GAMES



The Paralympic Summer Games are the second largest sporting event in the world today, the first largest being the Olympic Games.

It is amazing to think that the Paralympics Games had their humble beginnings, in Stoke Mandeville Hospital in Aylesbury, England.

The earliest beginnings of the creation of athletic Games for people with disabilities can be traced back to World War II and the efforts of one man, a doctor from England named Ludwig Guttmann. Known as the "Father of Sport for People with Disabilities", Dr. Guttmann was a strong advocate of using sports therapy to enhance the quality of life for people who were injured or wounded during World War II. In 1992, the four year cycle was modified so that the Paralympics coincided with the Olympics.

In the summer of 2012, athletes from all over the world will be descending on the UK to take part. Some of you may even have tickets to see some of these amazing events, a once in a lifetime opportunity. But spare a thought for the torchbearers. They will be travelling all over the UK, covering 8000 miles, carrying the Olympic torch which will lead up to the opening ceremony. This is true for the Paralympics as well. One student from the John Colet School, George Winsborrow in 9H has been nominated for the privilege of being a torch bearer for the Paralympics.

Although George has been nominated at this stage, he will not know until after the nominations close on 29th June 2011. Once the Paralympic Committee have made their selection, George will know if he has been successful in early August, where I am hoping to give you an update. Although only one nomination is counted, I am sure that you will be with me in keeping our fingers crossed that George is one of selected few who will be given that honour. Good Luck, George; I am sure that the whole school and wider community will be rooting for you.

Mrs. A .Froggatt.

Head of Year 9.

Primary Liaison June 2011

Literacy Help at Halton

On Friday 10th June, Becky Softley, Dan Lee, Rhian Craddock and Alicia Fewster from Year 9, again accompanied me to Halton Combined School to help in a literacy lesson. The Year 9 students were assigned to work with a small group of Year 5 and 6 children and helped the pupils write a description about a film extract from Oliver Twist. The children had to use high level words and complex sentences in their writing and the Colet students helped and advised them accordingly. It was great to see students volunteering again to help with Primary Liaison

Assemblies at Aston Clinton and Halton Combined School

On Tuesday 14th and Wednesday 15th June, Richard Atkinson, Daniel Taylor and Matthew Taylor from Year 8 once again gave an assembly about litter. This is an issue the boys obviously feel strongly about and they had prepared an interesting power point about litter, acted out a play they had devised themselves and gave the junior school pupils a quiz at the end of the presentations to see how much they had learned. The junior school pupils also asked some very interesting and perceptive questions at the end of each presentation, emphasising how successful the assemblies had been.

Future Planning


There are many exciting projects planned for next term, including an after school Drama Club for Year 4, another Movie Making Club for Year 5 and an all day Maths workshop amongst other events. If anyone is interested in helping out at some of the events, or would like to visit primary schools and help in lessons, please see me.

Julie Caplan




White Elephant Walk

Raising Awareness of the HS2 Consultation



10am, 10th July
Wendover, Manor Waste


'Wendover White Elephant Day'
'Wendover HS2 Action Group'

<http://www.gopetition.co.uk/petitions/stop-hs2/sign.html#se>

White Elephant Walk above Chequers

Wendover, Buckinghamshire: Sunday 10th July 2011

As the 29th July deadline for the formal HS2 consultation approaches, the White Elephant Day Walk is taking place on Sunday 10th July to raise awareness of the project and the Stop HS2 campaign. The aim is to attract much-needed media coverage and to try to encourage as many people as possible to take action in opposing the construction of HS2 by writing to their MPs and responding to the Public Consultation.

The walk will start in the centre of Wendover and culminate in a gathering on Coombe Hill **which overlooks the Prime Minister's country residence of Chequers in the Chilterns.**

As the focus is on this iconic national landmark, we would like to make this more than just an event for local opponents of HS2. We would like to invite anyone who opposes HS2 to come and support this event to help spread the word nationally. The more people attending, the more press interest there is likely to be, resulting in more public awareness and (hopefully) dissent.

Alternatively, could you organise a similar event amongst your supporters to spread the word? Several protest gatherings on the same day would also create more media interest to raise the campaign profile and encourage a wider section of the country to respond to the consultation before 29th July.

More detailed information can be found here:

<http://www.facebook.com/?sk=lf#!/pages/Wendover-White-Elephant-Day-Walk-10th-July-2011/191689334210240> or

<http://www.facebook.com/?sk=lf#!/event.php?eid=100213113405809>

Finally, please can you persuade everyone to sign the petition

<http://www.gopetition.co.uk/petitions/stop-hs2/sign.html#se>

Many thanks for any support you can give.

Charity Flying from Halton

Three lucky students were able to experience flying in a Vintage Aeroplane from RAF Halton. These flights were all sponsored and the event was organised by the de Havilland Moth Club as a fundraiser for charity. The Club very kindly think of John Colet School when these events take place and this enables us to choose students to participate. James Bowers, Hannah Russell and Leslie Adriaans were the fortunate student this time and all thoroughly enjoyed the experience. Leslie Adriaans has kindly provided the following report..

My Plane Journey

On the 11th of June, I had been selected to take a flight in a Vintage RAF plane. Nerves had already hit me as the slow walk to the plane had begun. With the pilot speaking words of comfort and interesting facts, I had started to gain confidence in him. As for the take off, nerves had returned and my body was shaking, I was sure that I was about to meet my death! However, the nerves had once again left my body, as the beautiful sights struck my eye. The journey had to come to an end, and a very shaky one it was! What a brilliant day!

Leslie Adriaans - Year 9

On behalf of all of the students; a big thank you to Stuart McKay the Secretary of the de Havilland Moth Club who organises the opportunity.

Mrs McGinnity

Assistant Headteacher

CHESS CHAMPIONSHIP 2011

In February 2011 we started the tenth annual John Colet School Chess Championship. From those who signed up to participate this year we had 20 potential Chess Masters which was played out in eight rounds. The age range as always covered every year from Year 7's to Year 13's giving the opportunity to every age and ability to show what they could do!

All games were played in the Library at lunchtimes under strictly enforced conditions and I, Caitlyn Lister, adjudicated the matches. After a few nail biting games we were down to the final week where I tallied up the scores. The Library was very tense as the scores were counted and verified. Eventually we came to the results. With one point in it, Franco Wong 12D managed to steal the cup back from two times winner William Segrave 11G. Well done to every one who took part this year, as always all games were played with equal measures of fierce competitiveness, good humour and good sportsmanship.

I am very grateful to Mrs Clark for allowing the chess matches to take place in the library and I would like to thank her for giving up her lunch to help support the candidates.

Chess is a great way to keep your brain fit, a kind of mental gymnasium, it is also a great way to make friends. Come along to the School Library, meet people and play chess, there are games on most lunchtime's.

FAMOUS CHESS PLAYERS

Bill Gates

Bono

Heidi Klum

Madonna

Lennox Lewis

Boris Becker

Antonio Banderas

Derren Brown

Al Capone

Alfred Hitchcock

Caitlyn Lister - Chess Organiser and Adjudicator





ZUMBA PARTY!

Friday 1st July 2011
8.00pm – 10.00pm
At the Wendover Memorial Hall in
WENDOVER, BUCKS



The **ZUMBA**
CHICAS are hosting a
FIESTA NIGHT!

There will be 4 Zumba instructors and
non-stop dancing

Sandra Tomkins
Nicole Pistak
Zoey Ambrose
Olivia Mott

(any queries contact 07739902150)
**£10 A TICKET, PHONE TO BOOK OR
PAY AT THE DOOR ON THE NIGHT.**

Please contact Sandra on 07739902150 to
reserve your ticket



COME ALONG AND
MEET FRIENDS, HAVE A DRINK AND ZUMBA YOURSELF
FIT AT THE SAME TIME!

THE BEST LADIES NIGHT IN TOWN!

LIVE LOVE ZUMBA!





**Wendover , Bedgrove and Aston Clinton
Patient Participation Group**

We are currently establishing a Patient Participation Group (PPG) at Wendover Health Centre, Bedgrove Surgery and Aston Clinton and are looking for a mix of patients to become a part of it.

A PPG can:

- Offer patient feedback about their experiences with the surgery
- Help the practice improve their services
- Help the practice make the best use of their resources
- Improve communication
- Help to promote good health
- Influence decisions about which services are provided

Offer practical support to the practice

A PPG isn't:

- A forum for complaints
- A fundraising organisation

A time consuming activity

We hope to have a core group that will meet with the practice team a few times a year. We also wish to create a much larger group of patients whom we can contact via email periodically in order to ask a question or two and gain valuable feedback

You can register your interest in joining the PPG by completing the form over leaf and returning it to a member of the reception team, or by visiting www.westongrove.com and completing the online form.

We look forward to hearing from you.

Westongrove Partnership are proud to be members of N.A.P.P.



www.napp.org.uk

www.westongrove.com

HOLIDAY DATES

Summer Holiday: School closes at **12.10 p.m.** on **Friday 22 July.**

AUTUMN TERM 2011

School re-opens on morning of **Wednesday 7 September.**

(6th Form induction Monday 5th & Tuesday 6th September.)

October 1/2 term: School closes at end of afternoon on **Friday 21 October** and re-opens on morning of **Monday 31 October.**

Christmas Holiday: School closes at **12.10 p.m.** on **Friday 16 December**

SPRING TERM 2012

School re-opens on morning of **Wednesday 4 January 2012**

February 1/2 term: School closes at end of afternoon on **Friday 10 February** and re-opens on morning of **Monday 20 February.**

Easter Holiday: School closes at end of afternoon on **Friday 30 March.**

SUMMER TERM 2012

School re-opens on morning of **Monday 16 April.**

May 1/2 term: School closes at end of afternoon on **Friday 1 June** and re-opens on morning of **Monday 11 June.**

Summer Holiday: School closes at **12.10 p.m.** on **Friday 20 July.**

INSET DAYS : Recommended in-service training days for teachers: Monday 5 September and Tuesday 6 September 2011; Tuesday 3 January 2012; Monday 23 July 2012 (plus one more, still to be decided)

Easter 2012: 06 - 09 April 2012

Early May Bank Holiday: 7 May 2012

Spring Bank Holiday: 4 June 2012 + 5 June 2012 (additional bank holiday for Queen's Diamond Jubilee)

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If you have a business or an event you would like to advertise in the John Colet Newsletter we would be delighted to help. We ask for a small fee of £5.00 per advert which is paid into the John Colet School Fund used to help purchase much needed equipment for the school. If you are interested in this facility please contact the school office on 01296 623348 or E Mail at office@johncolet.co.uk

Barking Mad
Home from Home Pet Care

Exercise...
Companionship...
...and so much more

It's great fun being a host for Barking Mad

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esther.mathews@barkingmad.uk.com
www.barkingmad.uk.com

Please note as a school we do not recommend any particular companies/tutors and we do not undertake safeguard checks of individuals or companies that advertise in this newsletter.