



Frewen College Newsletter

Winter Half Term - December 2023

Autumn Term - December 2023

Inside the Issue :

Principals
Welcome

Prep School
News 1

Boarding News 2

English 3 - 6

Maths 7

Science & Art 8

PE 9

OT 10 - 11

DT 12

News from
the Gardens 13 - 14

Christmas
Jumper Day! 15

Sixth Form 16

Dear all

It's the end of the Autumn term, and what a term it has been!

We have had three inspections: Ofsted (boarding), in which we were judged to be good in all areas; the full ISI inspection - our first full inspection since 2016 - for which we have yet to receive the report, and the East Sussex Safeguarding Inspection follow-up visit, which was also very positive. Well done everybody who took part in these, and than you to those parents who contributed to the Ofsted and ISI feedback. Much as we realise the value of inspections, we do feel that we have had our fair share this year, and hope that we can now go back to focussing on teaching and learning!

We have had the interviews for the new Principal, which is a huge undertaking. Governors hope to announce the new principal at the beginning of the next term.

Students played a key part in the interview process, and are to be congratulated on their professional approach and incisive questioning. They were a credit to the school!

Also, this half-term, we have received copies of a new book, which has been inspired by Frewen College!

Mark Stoddart, who co-authored the book, is an ex-student of Frewen (in its Brickwall House days) and is now a professional designer and ambassador for neurodiversity. The book tells the story of a boy called Mark (is it autobiographical?) who is having a very unhappy time at a grammar school, and eventually leaves education altogether, until his parents bring him to the wonderful "Freshton College", where his fortunes are transformed!

There is also a very readable section, at the end of the book, about neurodiversity in general.

The book is called "Making a Mark" by Katrin McElderry and Mark Stoddart, and is available on Amazon and other websites and booksellers. I recommend the book to anyone who wants to increase their understanding of dyslexia and neurodiversity, how these needs might be addressed, and, sadly, what happens when they are not. Mark's experience is as familiar and relevant today as it ever was.

We have invited him to come and speak to us at prize giving in July - when the sun will be shining, and we will all be planning our summer holidays.

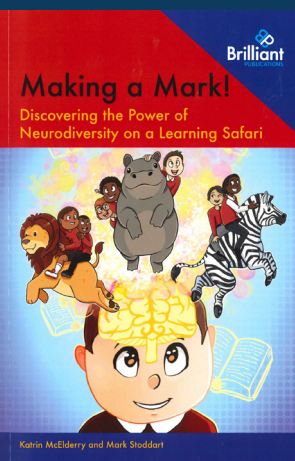
In the meantime, I would like to wish you and your families a happy and restful Christmas break!

Best wishes

Principal
Nick Goodman

... and we trust that Freshton will be a place to develop passions and discover interests on your safari of learning.

Mark's father chuckled, 'I wonder what they mean by **safari**?! Sounds like it could be quite a wild ride, but then you've certainly already had that now, haven't you, Mark?' Mark nodded, but didn't join in the laugh. His mother piped up, 'Well, darling, not the **right kind** of wild ride,' but pointing to the campus added, 'this school really seems wonderful. Don't you think, Mark?'



Prep School

by Debbie Fraser

This term Prep School's topic has been bread. We have used a range of sources to help inform us about the history of bread. From Egyptian hieroglyphics depicting the process of early bread making, to videos and written materials explaining modern day bread making techniques.

As part of DT, we followed a bread recipe using scales to measure ingredients. We designed our own shaped rolls and used added ingredients for either sweet or savory rolls. We shaped and proved them, before baking them. The taste test was a very popular part of the evaluation process and the children enjoyed this so much, they have requested that we do more cooking in forthcoming terms - Watch this space!



We have also been busy learning poems and rehearsing for our performance of "Old Mrs. Wright's Christmas." The performance took place at the Prep School and was performed to parents and carers. We are very proud of the children, who rose to the challenge of performing and did so with flair and gusto!



Scholastic Book Fair



Prep students exploring books at the Scholastic Book Fair



Merry Christmas, from everyone one at the Prep School !



Boarding by Hannah Lewis

Once again, much fun and laughter has been floating around the boarding houses. Students have taken up every opportunity to participate in firm favourite activities such as badminton and table tennis, as well as dodge ball being a popular choice this term; the added challenge of beating Mr Potter being taken very seriously!

The students have also enjoyed creative activities which has given them the opportunity to chat and build on relationships with old and new friends. With mock exam season in full swing, we have been proud of our KS4 students who have been diligently using their free time to prepare.

Weekends have been filled with much appreciated shopping in the lead up to Christmas, rock climbing, a cinema trip, Hasting Aquarium and ice skating. Sadly, due to unforeseen circumstances we had to postpone the theatre trip to London but are looking forward to the rescheduled date next term.



With Christmas on our doorstep, boarders have enjoyed decorating Christmas trees, visiting a Christmas market and enjoying a festive Christmas bowling party!



English by Rebecca Lowe

It's been another exciting term in the English Department with a number of new initiatives, below are just a few of the highlights.

Year 7 trip to Hastings

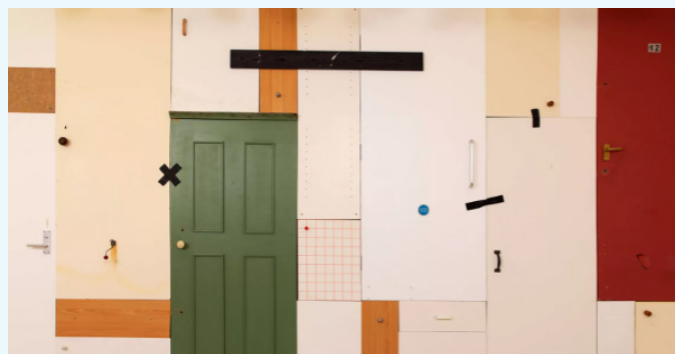
On Thursday 7th November the English department, accompanied by the wonderful Mrs Herriott, took the afternoon out for a trip to the Hastings Contemporary Art Museum and a tour of the Old Town.

Year 7 have been studying Roald Dahl this term and the aim was for them to experience original art work by his illustrator Quentin Blake. The students spent some time looking at the images and then tried to copy his style by drawing a number of images of their friends' faces.

First they had to draw with the wrong hand, then draw without taking their pen off the paper and finally without looking at what they were drawing. The results were quite remarkable.



Part of Roland Hick's installation



The students then explored a second exhibition by the artist Roland Hick.

Working directly on sea-facing walls, Hick creates the illusion of a flimsy patchwork of found materials, as if a novice carpenter has hastily assembled a barrier out of whatever he has to hand. It might be seen as a response to rising sea-levels or the need to make do and mend during the cost of living crisis.

The students took part in a scavenger hunt and had to find a number of objects hidden in his artwork.

English by Rebecca Lowe

Year 9 visit to Canterbury: A literary tour

On Friday 3rd of November, the English department, accompanied by the ever obliging Mr Booth, descended on the historic town of Canterbury for a day packed full of literary and dramatic events.

The day started off with a historic tour of this town steeped in history and famed for its medieval streets and cathedral.

Canterbury has been a European pilgrimage site of major importance for over 800 years since the assassination of Archbishop Thomas Becket in 1170. The city was one of the busiest places of pilgrimage in the medieval world and our tour took us on a journey around its many interesting sites.



High Waters at the site of the old mill



One of Canterbury's many medieval streets



Modern Sculpture outside the Marlowe Theatre



The students learned about Geoffrey Chaucer and 'The Canterbury Tales'

English

by Rebecca Lowe

'Kinder' at The Marlowe Theatre



Babi - one of the puppets used in the performance.

Following on from an exciting morning tour and dining out in the centre of Canterbury, the students made their way to the Marlowe Theatre to watch a play called 'Kinder'.

Escaping on a Kindertransport train, one small Czech-Jewish girl called Babi embarks on a mighty adventure.

Crossing between the past and present, Babi travels across Europe; from bon bons in Germany to the smell of the sea in Margate, she discovers how tiny acts of kindness can change the course of a person's life.

Logan Lyward AKA Albert was the hero of the show taking a lead role as a character in the interactive play.

The students behaved impeccably throughout the tour and theatre experience. They were a credit to Frewen College and were even commented on by a teacher from another school who was also watching the performance.

The Scholastic Book Fair

The Scholastic Book Fair returned in the last week of term and once again it was a huge success. The fair was crammed full of interesting reads for all ages and abilities as well as an enticing array of Christmas gifts. I was particularly impressed by those students who gave up their free time to help the running of the event.



The Graveyard Book

This term, Ms Taylor-Wade's year 8 group have been studying 'The Graveyard book'.

The Graveyard Book by Neil Gaiman is the story of Bod. Bod (short for Nobody) is orphaned as a toddler when the sinister Jack kills his family. He is taken in and sheltered by the inhabitants of the nearby cemetery. Bod grows up amongst the dead and is mentored by his guardian, the mysterious Silas. He has many adventures during his childhood in the cemetery and makes many friends. Eventually, he defeats Jack and goes out into the world with eyes and heart wide open. The Graveyard Book won the prestigious Carnegie Medal in 2010.

Raphael Bedwei-Majdoub says "the book is interesting because of the suspense and the mystery".

Isaac Colquhoun says "The book has an interesting plot twist as one of the characters who appears nice to start with turns out to be a murderer".

English

by Rebecca Lowe

'I am David'

Mr Claasen's year 8 group have been studying a novel called 'I am David' a poignant 1963 novel by Anne Holm. It tells the story of a young boy who, with the help of a prison guard, escapes from a concentration camp in an unnamed Eastern European country and journeys to Denmark. Along the way, he meets many people who teach him about life outside the concentration camp.

Shawn Pojasek says *"This is a very mysterious book because you never know what is going to happen next."*

Scarlett Flynn says *"This is an interesting read because you get to see David's journey and travels through Europe"*.

'A Christmas Carol'

In preparation for their English literature examination and being timely in the run up to Christmas, year ten have been studying 'A Christmas Carol' by Charles Dickens.

On Christmas Eve, a miserly Scrooge is visited by a series of ghosts, starting with his old business partner, Jacob Marley. The three spirits which follow, the Ghosts of Christmas Past, Christmas Present and Christmas Yet to Come, show Scrooge how his mean behaviour has affected those around him.

At the end of the story, he is relieved to discover that there is still time for him to change and we see him transformed into a generous and kind-hearted human being.

George Beardsley says *"it's been an interesting book with an allegorical message about Christmas time and being kind"*.

Oscar Bracken says *"This book changed the whole view of Christmas. Whilst the language is challenging, it delivers important messages"*.



Sharing Good Practice

The English department has again been sharing good practice and dyslexic strategies. This time with Visitors from Radnor House School based in Sevenoaks. We are due to host several other schools at the start of next term.



LAMDA Lift off

After the Christmas holiday, we will be launching our annual LAMDA Public Speaking qualifications and it would be really helpful if students could choose their discussion topics over the break. Year 7 need to choose a book to discuss, Year 8 a trip or visit, Year 9 an object and Year 10 a hobby. LAMDA stands for the London Academy for Music and Dramatic Art and over the years has become a tried and tested part of the English curriculum.

As ever, if you have any questions about English, please do not hesitate to get in touch. May we take this opportunity to wish you all a happy Christmas break.

Maths

by Marianne O'Connor

Maths 'Fun Fact' The largest known prime number has been found by a computer programme at a US university. Prime numbers can only be divided by themselves and one and are vital for computer encryption. The new number - written as $2^{74,207,281}-1$ - is more than 22 million digits long and was published by Dr Curtis Cooper at the University of Central Missouri.

Solution to puzzle 1 (in previous newsletter) - answer is 126. How? Sum of the first two digits times the first digit.

3	42	1
5	82	3
6	84	2
4	?	1

Puzzle 2
Solution in next newsletter.

Year 7 students have learnt about multiples, factors and primes. They are now moving on to simple algebra, particularly the language.

Year 8 students have spent time mastering averages which includes mean, mode, median and range.

Year 9 students have learnt how to find the perimeter and area of 2D shapes including squares, rectangles and circles.

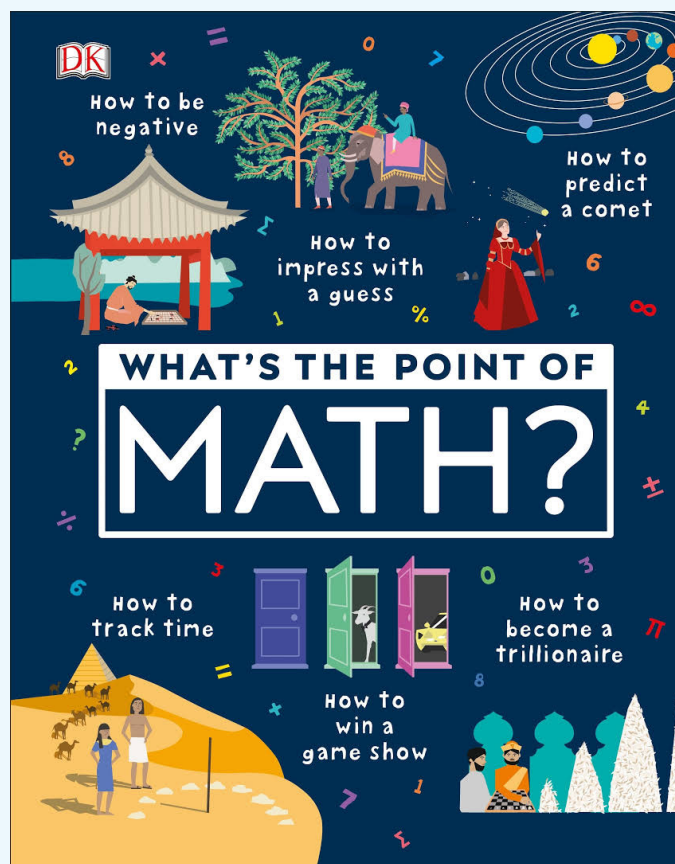
Year 10 students have hit the ground running with the GCSE course and have been consolidating the topics of number and algebra.

Year 11 students have been focused on their GCSE mock exam and we are very proud of their commitment to achieving their best. So far the results are looking promising. Well done.



ICT News - Gaming Club Request for old games and equipment

Students have been enjoying gaming club. We were lucky enough to receive a donation of an Xbox console which has enabled this club to take place. If you have any old games, consoles or accessories such as controllers that are no longer needed, we would gratefully receive them as a donation and put them to good use. Please make sure any games are age appropriate. Thank you.



Mrs O'Connor, Mrs Claasen, Mr Torres, Mrs Okey and Mr Booth wish all students, parents and carers a very Merry Christmas and a restful break.

We look forward to welcoming all students back in 2024.

Science

by Scott Wassell

Festive greetings from the science department.

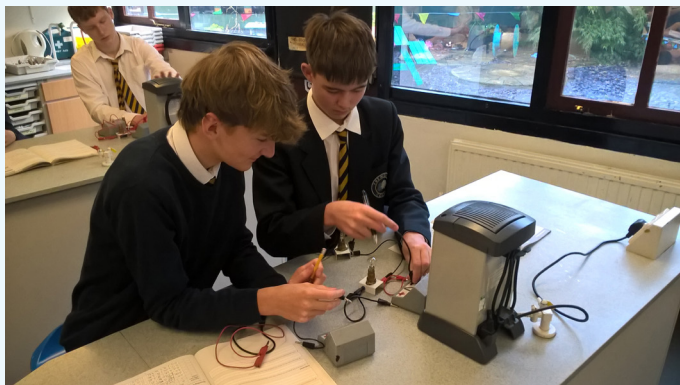
The year 8's have been looking at genetics. This involves extracting DNA from strawberries and beginning to look at the periodic table and its importance to chemistry. This involves looking at chemical reactions and the perennial favourite the hydrogen/oxygen rocket.



The year 10's have been getting hands on recently with electrical circuits. This important topic introduces the students to a host of equations that need to be recalled, rearranged and applied.

The year 11's have recently completed their 3 science mocks. Overall, this is a valuable learning tool, and we try to maximise the positives from this experience.

The science department hopes you all have a great holiday.



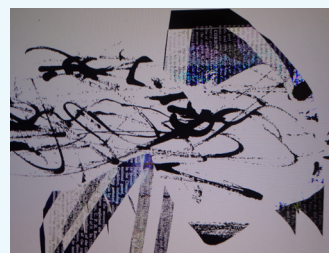
Art

by Duncan Sangster

Year 7's have come to the end of their unit on Mark making.

Throughout the term they have investigated all forms of drawing techniques as well as using various materials to do so. A lot of students start year 7 with either very little experience of art, or are incredibly unconfident in their approach to the subject. The year 7 curriculum allows students to try out different materials, experiment and find joy in making drawings, with more emphasis on the process rather than the end result.

A lot of students are quite surprised how much ink we get through in the first half term, but are relieved in the second term when things become a little more 'digital' for two weeks.



Using software such as Adobe Photoshop allows students a chance to enhance the work they have done so far by applying filters and layers and experimenting with different compositions. In the art industry the use of IT is becoming more and more essential, so therefore this unit give students a glimpse at what it might be like to be a graphic designer or digital artist. Here are some photographs of the students hard at work creating digital collages on Adobe Photoshop.



PE

by Jo Hambleton

Games options

In games in January students will have the opportunity to go Horse Riding, Swimming, Football or Hiking around the local area. We are so lucky to have some excellent footpaths around Northiam and we use these sessions to learn about the countryside code and basic map reading. All students have signed up for there option and will start in January. You should have received an email if we need any payment. Please ensure these are paid by the end of term.



Year 10 PE - Badminton

Our Year 10 students have been completing the first element of the CAMNAT Sport studies course where they are taking part and being assessed in Badminton. We have been using the local sport hall at Northiam Primary school. Since September they have been playing weekly and improving their skills and variety of shots. Learning the smash and drop shot. After their practical performance assessment, they will move onto planning and delivery a short Badminton session to their peers.



Upcoming Football Tournaments

We have been invited to take part in the Brighton and Hove Albion Football Tournament again this year and they will take place at the beginning half of the year. A selection of students will be chosen and letters sent out nearer the time.



Monday 29th Jan- competitive Y9.10.11

Monday 26th Feb- competitive Y7,8

Monday 18th March- girls Y7-11

We are excited to take part in these events.

Reminder

Don't forgot Years 7, 8 and 9 students all need to bring PE kits on first day back in Jan 3rd 2024 as they have games in the afternoon.

Occupational Therapy

by Lucy Tait



Tips for a 'sensory friendly' Christmas!

Christmas is an exciting time of year, but for those with sensory processing challenges, the additional sensory input can be stressful and overwhelming. We have put together some advice, and useful links for further reading, which we hope are helpful in creating a more relaxed environment.

Triggers :

- Noise, smells, bright lights, textures, busy places, to name but a few! Whatever it is that causes sensory overload, talk with your child in advance and make sure you know what their sensory triggers/challenges are.
- Put together some strategies to support them or avoid situations that you know might be difficult.

Plan :

- Have a printed visual or written timetable of events, including who is coming and when, days out, remember to factor in chill time and relaxation.
- Front load where possible and explain changes clearly.
- Try and maintain as much routine as needed.

Regulation :

- Look for early warning signs of sensory overload, if you can spot them early it's easier to increase their regulation.
- Have a quiet place in the house they can retreat to and let them know they can ask for help.
- Heavy work (proprioceptive input) provides whole body calming, try activities like; hoovering (yes this means you can get them involved in the housework-bonus!), carrying heavy objects, rough play, push ups; anything with a 'push and pull' element.
- Make use of your local play park- even for your older child!

Sensory supports :

- Know what sensory strategies work and then create a sensory bag/box. Some to try: Ear defenders, noise cancelling headphones, hats, hoodies, sunglasses, tight clothing, fidgets, sensory toys, breathing techniques, tight hand squeeze, chewing gum, drinks through a sports bottle, movement, allowing space and processing time, calming smells, ipod and ear buds, music and weighted blanket/toys.
- Have a code word that your child can tell you to let you know they are struggling or want to leave.
- Pack a sensory bag with helpful items.
- Talk to friends and family about your child's sensory needs and let them know how they can help and support.

Consider :

- Christmas scents, candles etc can be too much
- The noise and feel of wrapping paper can be irritating for some, try using minimal wrapping, fabric wraps or just putting on a bow.
- Some Christmas decorations can be visually stressful, you could try avoiding flashing or blinking lights, opting for warm coloured bulbs instead.
- Neutral natural foliage to avoid additional visual stimulation.
- Giving your child as much control as possible about the placement of decorations.
- Decorating over a longer period, rather than lots of changes to the environment in one day.

Occupational Therapy

by Lucy Tait

Safe foods :

- Along with all the holiday foods, remember that your child with sensory challenges may find new tastes, textures and smells tricky.
- Always offer their safe preferred foods alongside new foods, be positive and encouraging.
- Consider introducing any new foods in small quantities in the run up to Christmas day.
- Shop together, offer choice, cook together and get them involved in serving the food. This all helps to give them choice and control.
- It's ok to let them eat what they want for Christmas dinner, don't put the pressure on yourself!

Festive activities :

- Outings can be intense and overstimulating. Some places (shops and theatres etc) have Autism/ sensory friendly slots, or show times with reduced lights and music, less people etc.
- Agree on time limits spent in busier places, and take along a sensory bag, or some known self-soothing items.

Helpful resources:

<https://sensoryintegrationeducation.ck.page/a4d175106c>

<https://www.sensoryintegrationeducation.com/pages/news?p=eating-at-christmas>

<https://www.autism.org.uk/advice-and-guidance/professional-practice/christmas-resources>

Look at Christmas through the eyes of your child. You know them best!

Christmas can be whatever works for you and your family, you don't need to follow traditions and trends, make it fun in your own way! It's ok when things don't go to plan, make a note of any new challenges, so you can be prepared for next year. Allowing your child adaptations or being flexible will avoid them masking their difficulties and hopefully reduce sensory overwhelm.

We'd like to wish you all a calm and happy Christmas and look forward to welcoming you back in the New Year. We would also like to extend our wishes to all of those who aren't celebrating Christmas, to have a restful and peaceful time with their families and friends.

Ideas for Christmas Activities:

<https://littlebinsforlittlehands.com/christmas-stem-ideas-kids/>

<https://www.twinkl.co.uk/resource/us-t-2548723-free-usa-christmas-taster-resource-pack>

<https://www.ot-mom-learning-activities.com/free-christmas-printables-for-kids.html>

DT**by Marea Saunders**

Stefan, our DT technician has been busy this term reorganising the storage in the Technician's Room. Installing a new racking system for tools and equipment. This will mean that equipment is easier to access for us and the students. He has also installed additional shelving so that students' projects that are too large to fit in their class boxes can be stored safely.

We have also purchased two new pieces of equipment to add to the already extensive range of tools we have in the department. The Y10 group have been the first students to put them to good use in their salad servers project. The students have had a chance to finesse their designs using the new Dremel and disc sander.

In preparation for Christmas some of the DT afterschool club members have been designing, decorating and sewing stockings.

Our Y8s have been looking at how different cultures and religions celebrate different festivals with light. We do try and encourage them to expand their horizons and think about other festivals apart from Christmas and we have been glad to see that some of them took up the challenge. The students have designed their candle holders using CAD and have used the laser cutter to cut them out.



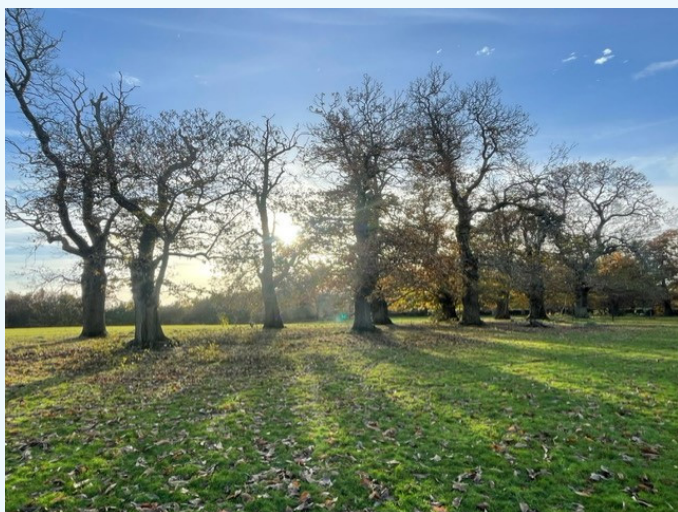
News from the Garden

by Daniel Le Cornu



Big projects update

Work has begun on the Chestnut Avenue. The trees are classified as veteran trees as they are at least 300 years old! Any dead branches are being cleared, low hanging branches removed, and basal growth cleared. Many of the trees have standing dead trunks and these are being preserved as they are important bat roosts. New trees will be planted to replace those missing and the whole area will be fenced off with a rope fence to protect the site and highlight it as a feature of the parkland.



This image shows the volume of leaves we must clear.



Why do we do it?

Leaf clearing has been in full swing! Not my favourite task but important for many reasons... Clearing leaves from the lawns is important for the health of the grass, it's surprising how quickly the lawns can yellow and die back when buried under leaves, this damp and dark environment can also encourage soil borne turf diseases. A good example is the tree pest, horse chestnut leaf miner, the pest (a grub) over winters in the leaves, if they are all cleared and burnt the pest can be controlled.



Yellowing of the grass happens very quickly.

There's the health and safety issue of slippery leaves on pathways and drains being blocked by leaves. Most importantly all the leaves collected are composted in a leaf litter only compost bin and this makes excellent leaf mould compost in about 3 to 6 months. This is invaluable in the garden as a mulch and a soil structure improver, it lightens the heavy clay we have here on site. It is used in the arboretum, chess garden, and some of the borders.

News from the Garden

by Daniel Le Cornu

To keep everything safe from the winter frosts a variety of methods have been used. The banana plants have been wrapped up in fleece and a thick mulch placed around the roots.

The tender plants like angel's trumpets and hibiscus have been lifted and potted and placed in the greenhouse.

The palm trees have been covered with specially made frames to keep them dry and any snow off the leaves.



The beech walk has produced fantastic colour this autumn along with the oak trees (*Quercus robur*) and plane trees. The copper beech (*Fagus sylvatica purpurea*)



Music

by Ian Barnett

RED HANDED!

No Frewen Christmas celebration would be complete without some form of entertainment.

So, on the last day of term this year, our fabulous year 11 BTEC students gave a short punchy hi octane performance when normally they would have been sat in assembly. Reuben, Hudson, Jess, Kai, Stanley, Isabel, Harrison, and Sophia, a.k.a. RED HANDED, gave a flat out blistering four song set with tunes from Jimi Hendrix, Rag'n'Bone Man, Foo Fighters and James Brown.

Rock 'n Roll!



Frewen's Christmas Jumper Day!

Thursday 7th December



Sixth Form

by Hazel McCalvey

Sixth Form students started the Frewen Festive activities with their recent Christmas dinner.

Staff and students enjoyed a three-course meal cooked by our amazing catering team; photographs, a Christmas Quiz, and the Christmas Tree game.

A great time was had by all students, and a massive thank you to all the staff that went above and beyond to make this such an enjoyable event.

