



Frewen College Newsletter

Spring Term - 2023

Inside the Issue :

Principals Welcome	
Prep School News	1 - 2
Boarding News	3
English	4 - 5
English / Maths	6
Science / Music	7
DT	8
PE	9 - 10
Art / Catering	11
News from the Gardens	12/13
Staying Well During Revision & Exams	14
Prep Open Morning	15

Dear parents and carers

At last, the sun is shining and it feels as if spring has arrived!

It has been a long time coming. Staff and students at Frewen have kept working away during the cold, dark, wet days of winter, but it hasn't always been easy. Although the pandemic is rapidly becoming part of history, we have still been seeing higher levels of both staff and students. The experience of the last couple of years leads us to hope that this, too, is a winter phenomenon, and we can look forward to a productive summer term, full of relatively uninterrupted learning.

For some year groups, of course, the summer term is the time of exams. Year 11, and many Sixth Formers, have been working hard to ensure success, and, of course, the Frewen team will support them as much as necessary to enable them to demonstrate how much they have learnt. I am sure many of them will be taking work home for the Easter holidays, in order to do some extra learning or revision. This is to be encouraged - but, if your child is among them, do make sure that they also have a chance to relax, and to think about other things than school for some of the time.

As usual, there has been lots going on at Frewen, and you will read about some of this on the following pages. This term has seen two inspections: the annual Ofsted Boarding inspection, at the beginning of February, where we were judged Good in all areas, and the CReSTeD visit in March, which doesn't give a judgement, but reports in detail on how we support dyslexic students in our school. It will be no surprise that this was also highly complimentary. Thanks, and well done, to all concerned! Both reports can be found on our website.

I wish you all a splendid and relaxing Easter holiday break!

Nick Goodman
Principal



Prep School by Sally Welch

It's been a busy and exciting term at Frewen Prep! We have been researching inventors and explorers, which has sparked curiosity and creativity in the children. The Red Class have been so inspired by inventors such as Leonardo DaVinci, that as part of D.T they created their own tortoise houses.



A trip to Herstmonceux Science centre, proved a big hit with the children, this term. They were impressed to see the telescope used by Patrick Moore on the night of the moon landings, which linked beautifully to Green Class's space science topic and their learning of Neil Armstrong as an historic explorer.

Blue class have used watercolours to brilliant effect, with their icy seas' pictures, inspired by their learning of the explorer Shackleton.

As part of the P.E curriculum, we invited Funk Fusion Fitness to Prep, to carry out a story themed dance workshop for the children. They had a great time and can't wait to tell more stories through the medium of dance in the future!



Prep School by Sally Welch

We also had a wonderful time celebrating World Book Day, dressing up as characters from stories, both new and traditional.



WORLD
BOOK
DAY



WORLD
BOOK
DAY

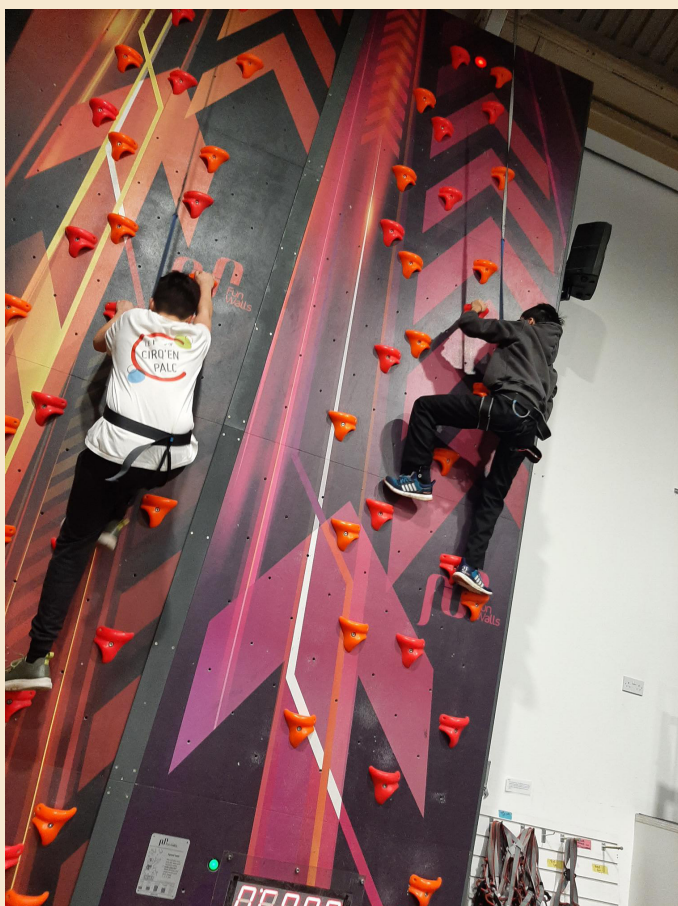


Boarding by Hannah Lewis

This term has seen some lighter evenings where the boarders have enjoyed exploring the grounds... in between the downpours!

The weekends continue to be popular with almost half of our boarding students choosing to stay at school on a regular basis. Activities at the weekends have been exciting and varied including watching Brighton Ladies vs Manchester City which was enjoyed by all, especially the burgers at half time!

We also enjoyed The Climbing Experience in Maidstone where they had held the World Climbing Championships.



Looking ahead to next term we are excited about being able to spend more time outdoors in our wonderful grounds and with some warmer weather hopefully some time in the pool!

English by Rebecca Lowe

'An Unexpected Twist'



Earlier this term, Year 11 visited Canterbury's Marlowe Theatre to watch 'An Unexpected Twist'. Written by the children's poet and author Michael Rosen, the play is a beatboxing musical re-telling of the Charles Dickens classic 'Oliver Twist'.



The play follows Shona, a new girl at school who is struggling to fit in and recognises herself in 'Oliver Twist', the book her class is studying.

When she is given a new phone by a stranger, she starts to suspect there's something unusual about the new boys she has met and questions where the gift came from. The narrative intertwines Shona's story with excerpts from the 19th century novel to help introduce a new generation to the original 'Oliver Twist' story.

The Marlowe building celebrated its tenth anniversary in October 2021. Over the last ten years, The Marlowe has become one of this country's most successful theatres, attracting 400,000 audiences a year from across the South East and was named Theatre of The Year at The Stage Awards.

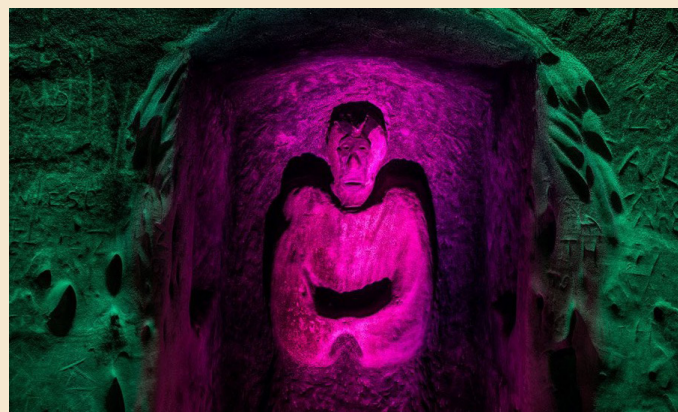
After the play everybody took time out to enjoy the cultural and culinary highlights of Canterbury before heading back to college.

A great day out was enjoyed by all.



Smugglers and Pirates

(Most photos courtesy of our official photographer Reuben Kavanagh)



With links to the Key Stage 3 curriculum, Year 7 and Year 8 students recently enjoyed a day out in Hastings to explore the Smugglers' Caves and The Shipwreck Museum.

St Clement's Caves (named after a local church) were formed around 14,000 BC, during the last known Ice Age. Since their creation, these mysterious and spooky caves have had a fascinating role to play in the history of the Hastings area.

The caves have served as a home, a hospital, an air-raid shelter, and a ballroom – of which even the royal family and The Rolling Stones have visited!

English

by Rebecca Lowe

More From Smugglers & Pirates...



These ancient caves are steeped in so much history that no one is actually sure how long the caves have been used by man – or other creatures for that matter. The stonework is etched with so much mystery that researchers still continue to try and discover the clues that tell the story of this historic area's secret past. But they are best known for their links with the fascinating, dark, and often bloody stories of smuggling and piracy along the Sussex Coast.

Just down the hill in the Old Town is The Shipwreck Museum. It has artefacts from many ships wrecked in the English Channel from the Goodwin Sands in Kent to Pevensey Bay in East Sussex including the Amsterdam a Dutch East Indiaman of 1749 and the Anne of 1690 also the Charles II warship. Both students and staff had a great day out and collected lots of information for their creative writing projects back at school.



Improving English at Home

The English department has a bank of online resources to help our students work on all aspects of their English and literacy skills at home.

Rapid Plus



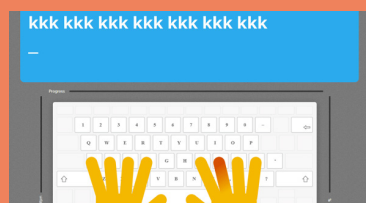
Rapid Plus is an online programme that supports students to improve their reading. It's independently proven to more than double progress in just a few months. Students see themselves as 'real readers' for the first time, and teachers report seeing them grow more confident across all of their subjects.

WordShark



Wordshark is a game-based learning programme, which can be used at school or at home. It is well known for helping children who are dyslexic or dyscalculic. It assesses each individual at the start of the course to identify exactly which skills need improving.

Touch, Type, Read, Spell (TTRS)



Used predominantly with our younger students, Touch-Type Read and Spell is a multi-sensory course that teaches typing, reading and spelling based on a structured programme of phonics. If you would like your child's log in details for any of the above programmes, please do let me know.

English

by Rebecca Lowe

Intervention

The Frewen College English and Literacy Department prides itself on its proactive intervention programmes. At the current time, we are supporting around half our senior school students on targeted interventions to help individual students improve where they need it most.



Our interventions include, but are not limited to, 'That Reading Thing' for those students who find words incredibly difficult, our one-to-one phonics programme aimed at building confidence in weaker readers and our handwriting course. All our interventions start with an initial assessment so we can be sure that what we are doing is having a positive impact and is focused on achieving the greatest results. We highly value input from parents and guardians so, again, please do get in touch if you feel your child needs extra help.

If you have any questions about English, please do not hesitate to email me at rebecca.lowe@frewencollege.co.uk

Maths

by Chloe Falder

iGCSE Revision

It is that time of year again where Year 11 Students embark on their GCSE's in the summer term!

All Frewen students are sitting the Edexcel Mathematics iGCSE have been given plenty of revision materials to work from including a whole book of video links from a QR codes which can be scanned on a mobile phone to watch short video clips of all maths skills they need to revise. All students have also been given revision packs with graded questions that they can work through as a guide to their revision during the Easter holidays.

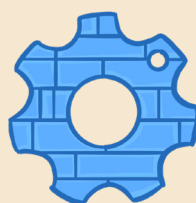
Some useful online revision links are as follows:

<https://cognitoedu.org/>

[GCSE Maths - Edexcel - BBC Bitesize](#)

[Maths Genie • Learn Edexcel IGCSE Maths for Free](#)

[Edexcel iGCSE Maths Revision | Past Papers | Online Tests <https://mmerevise.co.uk>](#)



BBC

Bitesize

MME

Maths Genie

Remember the "little and often" approach works well and practicing lots of past paper questions also help students "apply" the skills they have learnt rather than just working with them in isolation.

The Maths team will be on hand after the Easter break to assist with after school and lunchtime revision session for all students sitting their exams this summer.

Science by Scott Wassell

The newsletter where we move into British summer time, if not always with the weather to back it up.

The year 7s have had to noisiest of lessons recently. They ignite bottles filled with hydrogen and oxygen and this year they have been particularly loud.(vid maybe)

The year 8s have dominated the photographs this term. They just so happened to have both the combustion of icing sugar and the dissection of the eye. Both experiments are found within topics studied this term. The icing sugar blown through Bunsen burners is always enjoyable, with great competition to see if they can burn my ceiling.



Music by Debbie Hurford-Jones

In the Music department this term, students have been learning all about Brit Pop (Y9) ensemble skills (Y8) and rhythms (Y7). I have been very pleased to see the enthusiasm shown by students for playing a variety of instruments in such a collaborative way. We have had the bass guitar, drum kit, congas, keyboards, pianos and some fabulous vocalists all working hard together to learn new pieces and develop their listening skills. The Y10 BTEC Group continue to impress with their flare and skill, learning new songs and developing their performance skills at a rate of knots in preparation for their big show in the Summer - details will follow soon! The Y11 students, having recovered from their gargantuan efforts to plan and produce the 'Not the Christmas Show' in December, they are now focussing on completing their coursework, and have had their exam results back with some great successes to be congratulated.

The Music Department has now got two fantastic new PA speakers and a swish new mixer which the students have been getting to grips with operating. Nothing ever stands still in the Music Department!



Design & Technology by Marea Saunders

The Y7 s have been designing a mould for a Fair-trade Chocolate Bar suitable for 12 year olds. They have been learning about what constitutes good design and thinking about ethical design. They have used the vacuum former to create their own plastic mould. By the end of term, they will be testing their moulds by melting chocolate and creating a bar to take home, in time for Easter.

Y8s have finished their Batik design and used this to create a small draw string bag, now they are working on designing their own marble game. Currently they are in the workshop trailing their ideas using models made from cardboard. Once this is finished the students will work in a variety of materials and use the skills already developed in previous projects to come up with their own individual designs.

Y9 are using reclaimed copper to create a bangle and looking at different techniques to decorate, including engraving, drilling, punches and hammered designs. They have also looked at the importance of caring for our environment, by using the 6Rs principles which includes recycling materials and rethinking what materials and products we use in our life to reduce the impact on the world limited resources.

After looking at a variety of designers including the architect Zaha Haddi and product designer Tom Karen, y10 students have been tasked to develop a product that can be sold in a gift shop inspired by a designer they have chosen. The students are currently designing a wide range of products including soft toys and small pieces of furniture.

The Y11s have just finished the coursework element of their GCSE, so they will be preparing for their examination after Easter.



PE

by Jo Hambleton

Interhouse Frisbee - KS3

On Tuesday 21st March KS3 took part in our second interhouse competition of the year. A blustery day but over 35 students chose to represent their houses for interhouse Frisbee.

Game 1 - Oaks v Navy - A fantastic opening match with some good teamwork ended with Navy winning 2-0

Game 2 - Navy v Lions - Lions came out fighting with a clear game plan and took an early lead scoring 2 goals. Navy fought back scoring bringing it back to 2-1. The final score was a confident 4-1 win to Lions

Game 3 - Lions v Oaks - The final game and Oaks really needed a win to knock Lions off the top spot, however the Lions had fire in their belly and managed to hold off the Oaks for a 1-0 win

The final result ended with Lions being crowned the Interhouse Champions, Navy in 2nd and Oaks in 3rd.

Well done to everyone who took part, it was really lovely to see so many students involved. We also awarded students from each house the Fair Play award and player award

Player awards - Massi, Rufus and Jake
Fair Play award - George B, Tim and Artie

Interhouse Basketball - KS4

On a blustery Camber Sands Basketball court on Wed 22nd March, the 3 teams arrived with a lot of fighting talk and grudges to be repaid from the Football.

Game 1 - Oaks v Lions a brilliant start and getting used to court and hoops. Oaks secured the win 5-3

Game 2 - Oaks v Navy. Navy on the back foot with one less player fought hard and took an early lead. Going up 5-0. Oaks turned it up a notch and quickly equalised. With 30 seconds on the clock Oaks took the lead ending the game 7-5

Game 3 - Lions v Navy. A fantastic last game which showed some great team spirit Lions kept momentum and won 6-4

Overall winners today were Oaks lead by Riley but a great effort to all of those who took part.

It was lovely to see competitive sport being played but with encouragement and team spirit of our Frewen students.

Most Valuable players from each team were

Oaks- Riley

Navy- Peter

Lions- Harrison



PE

by Jo Hambleton

More From Interhouse Basketball....



Hiking in Games

One of the options for games this term has been Hiking. We have been exploring our beautiful ground, local area and also covering some off-site walks. During the session we cover 2-3 miles and the students get to enjoy the countryside come rain or shine. It has been an opportunity to also teach about the countryside code and marked footpaths.



Brighton and Hove Albion Football Tournament

Congratulations to the girls who went and represented the girls at the Brighton and Hove Albion football tournament. We played 5 other teams in a round robin tournament style. We won 4/5 games with most players in the whole team scoring at least one goal.

We played St Marys in the semi-final and confidently secured a 3-0 victory to take us through the final who we played Oak Grove. It was a nail-biting final ending 1-1 which meant it was down to the dreaded penalties. The Frewen girls stepped up confident and secured the win. We were very proud of them and the buzz and excitement around the event was excellent.

Well done to Amelia who won the fair play award and Jasmine who won player of the match.



Art by Duncan Sangster

On 17th February, Mr Sangster took the Year 11 Art GCSE students to Dungeness for a late morning excursion to gather visual information for their exam unit.

Dungeness is like no other place in the UK. It is in part a community, that is the location of two nuclear power stations, an important ecological site, and also the UK's only designated desert. It also exudes atmosphere and mood, making it the perfect location for an Art field trip! Students spent hours traipsing the shingled landscape, photographing and collecting interesting objects, dwellings, broken machinery and flotsam and jetsam. The resulting images were then experimented with digitally and manually and have been an integral part of all the student's preparation for their exam coming up in May.



Catering by David Quye

It's been great fun this term providing the food for the school this term. World book day was a highlight. It was great to see the students embrace the different menu and vibe we are trying to create.

We are trying to make meal times fun and interesting for both day school and boarders. The Hindu festival of Holi was celebrated with an Indian style buffet. St. Patricks day collided with Red Nose Day, but you can't knock a leprechaun cupcake!



The chicken burger seemed to make students happy and this is something we will bring in as a special again next term.

We have also welcomed Martha in as our full time replacement for Kimmie.

We want to thank everyone for their continued support in these challenging times and look forward to bringing more tasty and interesting food to the school.

RED NOSE DAY | Friday 17th March

Students were invited to come into school in their home clothes and bring in a suggested donation of £1.

The raised money has been split between Red Nose Day & Stella's Voice, which is a charity which helps people at risk of trafficking.

We raised £119.20 - Well Done, Everyone!



News from the Gardens

by Daniel Le Cornu

Has Spring arrived...

The Parkland – The return of the Bluebells!

Following from last month's newsletter, the Atilla has done its work and now the parkland has been completely cleared of the invasive brambles. The bluebells (*Hyacinthoides non-scripta*) are returning in huge numbers! This display probably hasn't been seen for over forty years... Incredibly, bluebells can remain dormant for hundreds of years until conditions are right for them to grow! After the bluebells have finished, wildflowers will begin to grow, we're not sure what species will appear so watch this space! The biodiversity of this site will be significantly improved. The bluebell displays in the arboretum and now the parkland will look fantastic at the end of May, please take a walk around to appreciate them!



A few more dead hedge structures have appeared around the site, the one pictured is protecting a pollarded willow and stooled sweet chestnut from deer that might nibble the new shoots. Pollarding is a method of pruning that keeps trees and shrubs smaller than they would naturally grow. It is normally started once a tree or shrub reaches a certain height, and annual pollarding will restrict the plant to that height. Stooling you cut back (a plant) to or near ground level in order to induce new growth. The new shoots can be used as plant supports and to make garden structures as pictured below;



The images show the plant supports made from oak, willow, hazel and sweet chestnut, all sourced on-site. They are placed around the taller perennials to protect them from falling over in summer storms.

News from the Gardens

by Daniel Le Cornu

Garden Clubs News

The garden clubs take place in the preparatory school and in the main school every Tuesday afternoon. The students have been busy planting bulbs and weeding. They've also been sowing vegetable seeds in gutters, including carrots, cauliflowers, peas, and beetroot! This method is an easy way to start vegetable plants indoors (polytunnel) and plant them out when the weather warms up. As spring progresses the students will plant pumpkins, squash, sweetcorn and runner beans. The veg gutters are sitting on benches in the polytunnel. Pictured are the gutters with beetroot and cauliflower germinating well.



Bushcraft News

As well as building the roundhouse, the bushcraft students designed and built a peace garden. Annual wildflower meadows will be planted here after Easter, a mix of calendula, cornflower, coreopsis, and cosmos. A new fragrant rose bush will be planted in the centre bed.



Propagation

We propagate most of the plants that go into the perennial and annual borders ourselves on site in the greenhouse and polytunnel. This is a great way to give us a readily available stock of plants to freshen displays and fill any gaps in the borders. We propagate plants from seeds and cuttings, it's a great way to remove dependence on outside suppliers, reduces our carbon footprint and saves money! We are growing vegetables and flowers for ornamental displays in summer. There's always a surplus of plants and we will be selling these at the front of the house after Easter, this raises funds for new equipment and plants we can't grow on site. The aim this year is to raise some money for a new polytunnel cover!

Staying well during revision and exams



We asked young people to give us some wellbeing advice for exam time and this is what they told us:

1. Always take a moment just to breathe, whether in the exam, before or after.
2. Remember that school does offer support, just reach out and ask!
3. Keep your work balanced. Spend time revising, but socialise and relax too.
4. Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
5. Break up revision with food and exercise to make sure you stay energised.
6. Remember that results do not define you.
7. Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
8. Work to your own pace – everyone is different in how they work.
9. If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
10. Plan in some treats to reward yourself, and celebrate when it's all over!

FREWEN COLLEGE

The Dyslexia School



PREP SCHOOL OPEN MORNING

Age 7 to 11

*Meet the Principal and Head of Prep
Tour our wonderful grounds and facilities*

Wednesday 19th April

9:30am - 12:15pm

Register today | www.frewencollege.co.uk

Email : office@frewencollege.co.uk

01797 252494

