

THE SAINT



Weekly newsletter of ST BIRINUS SCHOOL

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www.st-birinus-school.org.uk

2 Nov 2018

As a school we have been talking for a while about the idea of Modern Masculinity. It is perhaps useful to unpack this and consider what its elements are.

St Birinus in Years 7 to 11 is about boys. Teenage boys are fantastic – energetic and talented, vibrant and witty and passionate and committed. We are proud of our boys, **not just for their many achievements but also for how they live our values of “Inspiring Excellence through Care, Courtesy and Commitment”**.

We love the fact that they like sport, Science, Maths and Computing – perhaps what are sometimes seen as the stereotypical interests of the boys of this age group – but also that they love to act and dance, to write and to sing and to be comfortable being themselves and developing their own identity within our enriching school environment.

We know that our boys are tolerant – kind to each other, understanding of difference, empathetic and sympathetic. One of our significant recent campaigns has been against homophobia and the ways in which the boys have been determined to eliminate such prejudice has been hugely impressive.

Our boys believe that they can make a difference. We listened carefully to their views as **part of the “Choices for Change” consultation led by the School Council and the ongoing refurbishment of the student toilets is the product of this**. In recent weeks we have been **focusing on the “SBS War on Plastic”**. **We now no longer sell plastic bottles of water in school** and almost all our boys bring either sports or survival bottles to drink from which they refill during the school day.

The “SBS War on Plastic” is important because the example of plastic bottles demonstrates how one person’s actions can make a difference. As we have said to the students this week, we are not going to confiscate plastic bottles if we see them but instead leave the responsibility for their elimination in school to the individual student; if each individual acts responsibly then things change for us all.

So, Modern Masculinity cannot be defined in a pithy sentence or turn of phrase. It is multi-faceted and has many parts. However, it is about being a responsible, well-rounded, tolerant young man and we are very proud that this is what our students become.

Finally, a request. Earlier in the year we asked for donations of plants to support our fantastic Gardening Club and the response was wonderful. They are now in the process of planting bulbs for the Spring and any donations would be hugely appreciated.

John Marston, Headteacher



To commemorate the centenary of the First World War, the Technology Department is making a garden of handmade acrylic poppies. Each student in Year 7 and Year 8 will make them in their first technology lesson after half term, ready to put on display in time for this year's Remembrance Day. The display will run until 30 November and the students can collect their poppies from 3 December.

Students in Years 9, 10 and 11 will have the opportunity to make their poppies during lunchtime or after school in the Technology Department on Monday 5 November.

We are asking for a voluntary contribution of £2.50 per poppy, with all proceeds going to the Royal British Legion and Help for Heroes.

Y10 Work Experience

Thank you to those parents and students who have returned the Student Application Form (SAF). The deadline for returning the SAF has now passed. Please can those outstanding return their form as soon as possible and no later than Monday 5 November. A copy of the form can be found on the website <http://www.st-birinus-school.org.uk/1908/forms> or you can contact Miss Curley for a copy at workexperience@st-birinus.oxon.sch.uk or by phone on 01235 514731.

DIARY: 5 - 9 Nov 2018 **WEEK A** 12 Nov - 16 Nov 2018 **WEEK B**

MON 5		MON 12	Dance Fusion 2018 (SBS & DGS dance show), Cornerstone, 7pm
TUE 6		TUE 13	Dance Fusion 2018 (SBS & DGS dance show), Cornerstone, 7pm
WED 7		WED 14	Dance Fusion 2018 (SBS & DGS dance show), Cornerstone, 7pm
THU 8		THU 15	
FRI 9		FRI 16	

KEY DATES

Wednesday 21 November	Didcot Sixth Form Open Evening 6.00pm-8.30pm
<i>Thursday 20 December</i>	<i>Term 2 Ends at 12.30pm</i>
Monday 7 January	Inset Day - school closed to students
<i>Tuesday 8 January</i>	<i>Term 3 Commences</i>
Wednesday 16 January	Year 8 Options Talk
Wednesday 23 January	Year 10 Parents' Evening
Wednesday 6 February	Year 8 Parents' Evening
<i>Friday 15 February</i>	<i>Term 3 Ends</i>
<i>Monday 25 February</i>	<i>Term 4 Commences</i>
Wednesday 27 February	Year 8 Options Evening
Wednesday 13 March	Year 7 Parents' Evening
Wednesday 27 March	Year 9 Parents' Evening
Wednesday 3 April	Year 11 Parents' Evening
<i>Friday 5 April</i>	<i>Term 4 Ends at 12.30pm</i>
Monday 22 April	Bank Holiday
<i>Tuesday 23 April</i>	<i>Term 5 Commences</i>
Monday 6 May	Bank Holiday
<i>Friday 24 May</i>	<i>Term 5 Ends</i>
<i>Monday 3 June</i>	<i>Term 6 Commences</i>
Monday 3 June	Inset Day - School Closed to Students except for Year 11 GCSE public examinations
<i>Wednesday 24 July</i>	<i>Term 6 Ends at 12.30pm</i>

Sporting Success Results 2018/19

Term 1: Week 7 w/b 15/10

Team	Sport	Competition	Opponents	Result
Under 16	Football	National Schools Cup Rd 2	Maiden Erlegh	W 3 - 1
Under 12	Rugby	Friendly	King Alfred	L
Under 12	Rugby	Friendly	Wheatley Park	W



LOST PROPERTY

There is a huge amount of lost property in Student Services - none of which is named.

Please ensure that all items of uniform and kit, including footwear, are clearly labelled with the **student's name to help staff or Student Services return items to their rightful owners.**

Thank you!

Learning to Revise

To support your sons, in any year group, become better at preparing themselves for tests and assessments we will be running a series of articles in The Saint about revision. Learning how to revise is particularly important in preparation for **Year 11's GCSEs and students who start Year 11 already knowing which techniques work best for them and which techniques work best for different subjects are at a huge advantage to those who have never tried revision before.**

To start us off, here are some notes on the 'do's and don'ts' for revision and a link to [Mr Irwin's six YouTube videos](#) on different revision techniques.



Basics:

- Eat breakfast. Skipping this meal significantly reduces your attention and your ability to recall information.
- Put your phone away. Even having it near you reduces your ability to focus.
- **Don't listen to music. Students who study in a quiet environment can recall more than those who revise while listening to music.**
- Get fresh air and exercise. Fresh air helps people feel refreshed and better able to focus afterwards, exercise reduces anxiety and increases self-esteem.
- Get enough sleep.
- Fail occasionally. Those who spend time exploring and trying new things out, and fail occasionally, have better scores later on.

While revising:

- Start early. To commit something to memory takes time.
- **"Spacing". 10 one-hour sessions are far more effective than one 10-hour session, allowing time in between revision sessions to forget and relearn the material.**
- **Test yourself. It's an effective method to improve information recall and helps you to check for gaps in your knowledge.** Completing questions from practice papers or quizzing yourself at the end of a revision session are good methods.
- Teach someone. After you have tested yourself, teach the material to someone else. This aids memory and recall as it requires you to learn and to organise your knowledge.
- Structure the information. Reorganise it in some way, make notes or practise writing answers, as this ensures you remember the information.
- **Research suggests highlighters don't work well. People learn and recall information better if they connect it to other pieces of information.**

Knowing methods or facts well enough that they move to long term memory means that the act of recalling information is effortless — **you just 'know it'**. **Storing as much information as possible in long-term memory frees up your working memory to deal with environmental factors, like whether you've answered the question, whether it is in the right format, whether you have given enough information for the number of marks or how long you have left in the test.** 'Cramming' is the process of using working memory to store facts or methods. If your brain is full of fact knowledge, you have no working memory left to consider all the environmental issues that build up. Revision is the act of moving facts and methods into long-term memory. Practise until you understand, practise until the application is effortless, repeat the practice between 2 and 4 weeks and the facts and methods move into your long-term memory. Once that has happened you are ready for the test.

ST BIRINUS SCHOOL

ADVANCED SPORTS PROGRAMME

It takes dedication and commitment to be an elite sports performer and each week The Saint gives an insight into one of our Advanced Sports Programme students. This week, Harrison Deeley, a Year 10 pupil, explains his weekly training routine for competition. He competes at National and International Level in Taekwon-do and Weightlifting.

My usual week of training looks like this:

Mon 7:20 - 9:20pm Taekwon-do, usually consists of stretching, pattern work and sparring

Tues 6:15 - 7:45am swimming

Tues 3:20 - 4:20pm weightlifting consisting of snatch and squat sessions

Wed 3:20 - 4:20pm clean and jerk and front squat sessions

Thurs 6:15 - 7:45am swimming

Thurs 7.00 - 9.00pm Taekwon-do

Fri 6:15 - 7:45am swimming

Sat 9:00 - 10:00am weightlifting, technical or hard sets including reps of high percent effort

Sunday 4:30 - 6:00pm swimming

Through my training regime I have achieved:

UK black belt champion Taekwon-do, Bulgarian bronze medallist Taekwon-do, 5th in the British Weightlifting -69kg, regional championships swimming 50m backstroke.

Participating in my chosen sports has given me the opportunity to compete many times in Europe and I always enjoy the experience.





Come and See Us!

Open Evening Tours

5-7pm

**Tuesday 13th November and Thursday 15th
November 2018**

Our Nursery class offers pupils an excellent start to education, with highly qualified and experienced teachers and support staff.

We offer 30 hours of extended Nursery provision for eligible families.

Our excellent facilities include our own Forest School and allotment where food is grown.

A varied curriculum includes Mandarin Chinese for Key Stage 2 pupils, and specialist teaching for drama, music and PE.

"The curriculum is interesting and enriched by visits and other memorable events." Ofsted 2017

"Pupils enjoy coming to school and relationships between staff and pupils are positive." Ofsted 2017

"Thank you for such a lovely, gentle transition into school for my son. I feel the staff really listen. I could not have wished for a better start to school for him." Parent



To make an appointment, call the school office on **01235 848333**

Or e-mail office.3243@sutton-courtenay.oxon.sch.uk

an opportunity to talk with students and teachers

D₆

**Didcot Sixth Form
OPEN EVENING**

Wednesday 21st November

6pm - 8.30pm

St Birinus School, Mereland Road

Didcot OX11 8AZ

Join Us!



Didcot TRAIN - inspiring young people

TRAIN, [118 Broadway, Didcot, OX11 8AB](#)

Tel: 01235 519315

www.didcottrain.org.uk

facebook.com/DidcotTRAIN

TRAIN works *with* and *for* all young people in Didcot, especially those who, for whatever reason, are having a tough time.

Young people can become vulnerable and disadvantaged in a whole range of ways. TRAIN is there to help them to see they do have options.

TRAIN helps the young people in Didcot make informed choices, avoid risky behaviours, find ways out of difficult situations, discover their own voices, and be who they want to be.

What's on at TRAIN

November 2018 to January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA 6.30 – 7.30pm For anyone aged 11-18 and those who come to our Girls' and Boys' Groups	GYM & BOXING With Exercise Lounge 4.30 – 5.30pm For anyone aged 11 – 18. Contact us as there aren't many spaces	YOUTH CAFÉ DROP-IN 3.30 – 5.30pm For anyone aged 11 - 18	DETACHED 5.00 – 7.00pm	EDUCATIONAL SUPPORT 3.00 – 4.00pm Contact us for some support with your work for school, college etc. from a member of the TRAIN team
GIRLS' GROUP 7.30-8.45pm For those in Year 6 – Year 8	DETACHED 6.00 – 9.00pm			

For additional information you can message TRAIN on Facebook on 'Justina Train' or 'Holly Train' or email

info@didcottrain.org.uk

TRAIN is an inclusive organisation welcoming young people of any gender, race, religion, sexual orientation, ethnicity or (dis)ability.

Open Events in November 2018

Please check dates online before you go

You may need to register online

Didcot 6th Form

Wednesday 21st November 2018 6-8.00pm

Henley College

Saturday 3rd November 2018 10-1pm

Tuesday 27th November 2018 6:00-8:30pm

Abingdon and Witney College

Abingdon Campus – Wednesday 7th November 2018 3.30-7pm

Witney Campus – Wednesday 14th November 2018 3.30-7pm

Common Leys Farm Campus – Saturday 24th November 10-4pm

King Alfred's 6th form

Thursday 15th November 2018 5.30-7.30pm

Reading College

Wednesday 21st November 2018 5-7pm

The Downs School 6th form

Thursday 22nd November 2018 6:00-8:30pm

BCA - Berkshire College of Agriculture

Saturday 24th November 2018 10:00-2:00pm

UTC Oxfordshire, Didcot

Wednesday 28th November 2018 5.30-7.30pm