



Aimhigher News

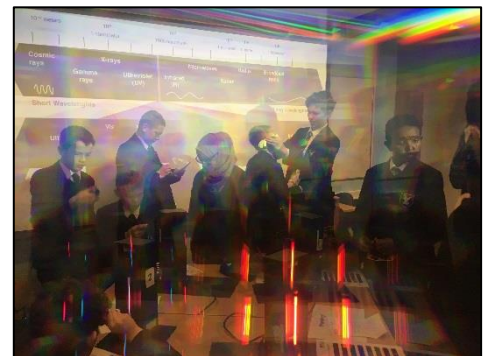
You are the one that I Want workshop – Tuesday 22nd January

Northumbria University came in to school on Tuesday 22nd to speak to some of our year 12 students about writing personal statements. The session went through the UCAS process and showed students examples of good and bad statements.



Stargazing at Sussex – Wednesday 23rd January

Year 8 goes astronomical! 15 students went to Sussex for a Stargazing trip. They learned about the smallest building blocks - quarks - up to stars and galaxies that make up the universe. Thank you to the science department for organising and Mark Wood for driving the minibus.



Exploring Healthcare at St Georges University

On Thursday 24th of January, a group of aspiring medics travelled to St. George's University for a workshop on interview skills, work experience guidance and hands-on clinical tasks. It was a fantastic trip in which students learnt about the different pathways into medicine and how broad it is as a field. The students were taught about the 8 key competencies that universities focus on in their interviews in which the students used their own work experience to see how they have met these. Mini Medical Interviews are growing popular within the universities and our students tried answering past questions but also evaluated the question in order to understand why they were being asked it. One of the best examples was teaching someone to tie their shoelaces without hand gestures - Kacper did a fantastic job doing this showing that he could keep calm under pressure but also demonstrated fantastic communication and empathy skills. We were then taken to mock clinical rooms where students were taught how to use spirometers, take someone's pulse and give CPR using the song 'staying alive'. A brilliant trip in which all students have commented was helpful and have made them more excited about their future - plus they got their own stethoscope.

Thank you to Iona for accompanying them and Freddie for organising.



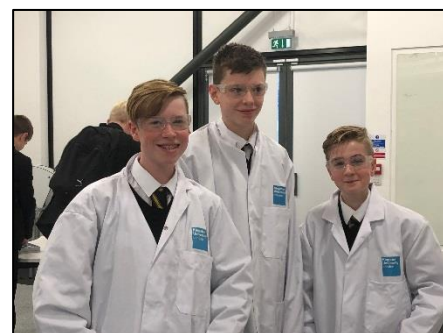
Making Choices – Academic Days 2 – Thursday 24th January

Last Thursday our Making Choices Cohort went on their third visit to Sussex University. The STEM students had a taste of life sciences – extracting DNA from strawberries and finding out more about honeycomb and bees. The humanities students had wonderful philosophy session discussing ethics and morals and meta physics. The students have one academic day left followed by graduation in May. Thanks to Stephen Black for accompanying me.



STEM visit to Kingston University with Aimhigher – Wednesday 30th January

31 Year 8 and 9 students with an interested in STEM subject attended Kingston University. The event included an excellent interactive fair where students were able to get involved in 3D printers, extracting DNA from strawberries, Performing CPR and driving robots. We also had an interesting talk about veterinary science. Thanks to Freddie Hale for accompanying me.



Doctors in Schools Programme – Our visiting second year trainee doctor has been working with our year 13 students helping them prepare for interviews in midwifery. Next week she will be teaching in the science department and delivering a workshop on



Upcoming Events

- Wednesday 6th Feb – year 9 Great Debate Project Session 2 – Ethics – (11 students)
- 8th March – Direction and Destinations day
- 13th Feb – You@18 Aimhigher conference for Year 12 (20 students)
- 26th Feb – Year 12 UCAS convention (am only)
- 13th March – Year 8 making Choices at Sussex University –Arts and Humanities Strand (20 students)
- 21st March – Geography Taster day at Kingston University (year 10 and 11)
- 26th March - Year 8 making Choices at Sussex University –STEM Strand (20 students)

Lorna Ellis

Beat Goes On Music Workshops

On Monday, Ollie from the company *Beat Goes On* came in to school to do a day of body percussion workshops with students from all year groups. The students explored rhythm and timbre using their bodies as a percussion instrument and really enjoyed what was described as "creating music by hitting yourself"! As a former cast member of the musical *Stomp*, Ollie was able to demonstrate and teach the boys both dynamic performance techniques and useful compositional skills. We hope to build on this by holding a beat box workshop later in the year.



Government and Politics Trip

Last Monday Year 12 and 13 students taking Government and Politics visited Parliament and the Supreme Court. They enjoyed a tour of both buildings and also met with Carshalton and Wallington MP, Tom Brake. Unsurprisingly Brexit dominated the meeting with most questions coming back to the issue. The students also enjoyed the lively atmosphere outside Parliament with pro-Brexit and pro-remain protestors making themselves heard.



U19 Surrey Basketball Cup Finalists

On Wednesday 30th January 2019 CBSC played in the semi-final of the Surrey Basketball Cup against SJB (St John the Baptist school). This was a home fixture and was played at CBSC.

The last few years this team have narrowly missed out on a final position within previous semi-finals. It was a close game, but CBSC remained calm and collected which resulted in winning the fixture. The final result was 43-42.



CBSC U19 team are now through to the Surrey Basketball Cup final which is being played at Surrey Sports Park on Friday 15th March 2019.

Please congratulate the following students.

- 1. Adam Fontinelle**
- 2. Alvin Gasangwa**
- 3. William Longmatey**
- 4. Anmol Pun (Vice-Capt.)**
- 5. Achish Quansah (Capt.)**
- 6. Farhan Ponnudurai**
- 7. Joshua Sematimba**
- 8. Imeth Thuyyahandi**
- 9. Kevin Nicholas Macdonald**
- 10. Jay Lawrence**
- 11. Manuel Papilson**
- 12. Reece Palmer (Year 11)**

Carshalton Boys Sports College

Menu 04.02.2019

	Monday	Tuesday	Wednesday	Thursday	Burger Day
Main Meal 1	BBQ Chicken Leg	Chicken Chow Mein	Roast Turkey	Fish & Chips	Spicy beef Tacos & sour cream dressing
Main Meal 2	Shepard's Pie	Stir fried beef & Noodles	Honey roast Gammon	Cod bite	Chicken Fajitas
Vegetarian	Mixed bean Shepard's Pie	Stir fried Tofu with bean shoots	Courgette Au gratin	Spanakopita	Vegetable Frittata
Fish Special					
Potato	Spicy Diced	Egg Rice	Roast Potatoes	Chips	Wedges
Vegetables	Courgettes & Green beans	Stir fried Vegetables	Assorted Vegetables	Baked beans / Peas	Sweetcorn & Peppers
Food fact	<p>Chinese New Year is a Chinese festival that celebrates the beginning of a new year on the traditional Chinese calendar. The festival is usually referred to as the Spring Festival in modern China, and is one of several Lunar New Years in Asia.</p> <p style="text-align: center;">2019 Year of the Pig</p>				
Pasta Bar/Grab & Go Bar	Pasta Bar	Sausage & Mash	Pasta Bar	Chicken & Chips	Pasta Bake
SOUP	Butternut Squash	Noodle Soup	Potato & Leek	Broccoli	Spiced Pepper
Refuel 2	Assorted Panini sandwiches & Drinks				
Desserts	Lemon drizzle	Fruit Cobbler	Fruit Crumble	jammy pastry Swirls	Assorted sweets