

ISSUE 16 · APRIL 2017

HEART NEWS

SACRED HEART CATHOLIC HIGH SCHOOL

"I would have founded the society for the sake of one child"
MADELEINE SOPHIE BARAT



Aoibh was equally delighted and is really excited about the future:

"Having the opportunity to study something I love in one of the best medical schools in the world is absolutely incredible. I am so grateful for all of the guidance and support I have had every step of the way from teachers and friends who have gone above and beyond to help me as much as possible. This year has been very challenging, but the feeling I had when I opened my offer letter made all of the late night and early morning studying worthwhile."

2017 has been a year of very particular success as Fiona Adamson and Rose Adkin also secured places to read Medicine, Phillipa McClen has had two offers to study Dentistry and a further four students still await the outcome of their applications to read Medicine, Veterinary Medicine and Dentistry.

If anyone ever believed the myth that Science is not for girls then they would do well to read on as it has been a particularly successful year in this field with two girls achieving Radiography places, five who have Pharmacy offers and a further five with offers to read Biomedicine. Ten have been accepted onto Nursing courses, with Caitlin Davies following in the footsteps of Hannah Gill by securing a place on the prestigious course at Edinburgh university.

Many other girls have been successful in securing offers to study at their universities of choice and an astonishing 55 of them received a full complement of offers i.e. the offer of a place at every one of their choices.

The range of courses and hence future careers is breathtaking to behold and as well as the traditional courses in top universities of English, Geography, History, Law and Languages, four are heading into the Fashion world while others move into Marketing, Mechanical Engineering, Psychology, Education and Architecture. Mention should also be made of Natalia Szutenberg who fought off fierce competition to fulfil her dream to study her Outdoor Education degree course.

Continuing Success

Continuing the successes of the last two years, when 6 students gained places at Oxford and Cambridge, three students have been successful in their applications to study at Oxbridge in 2017. Aoibh Bourke (Cambridge - Medicine), Minahil Mujahid (Oxford - Medicine) and Zelna Weich (Cambridge - Geography) were all thrilled to receive news of their offers in January.

"Although the next three years are going to be hard work," said Zelna, "getting into Cambridge is an amazing opportunity and I can't thank everyone who helped with the application process and my subject teachers enough!"



SIXTH FORM - KEEPING ONE STEP AHEAD

Government changes to AS levels now mean that universities and colleges no longer have AS performance as a guide to assess student when making offers. Consequently many top universities have now introduced interviews to assess applicants for many of their courses. No longer is it only Oxbridge and medical applicants who need to be prepared for interview and at Sacred Heart we have been quick to anticipate this and put an Interview Support Programme in place.

The Interview Support Programme now means that any sixth form student can ask for in-school advice and support to prepare for their interview and between November 2016 and March 2017 nearly fifty girls were given individualised interview support and practice.

This new venture has been really well received by our sixth form students :

"It was tailored to what I was specifically worried about and allowed me to be more comfortable at the real interview"
SOPHIA

"I loved the interview support ...the sessions were flexible to my timetable and I learned a lot about good interview technique"
NEAVE

"I wouldn't have been ready without them"
WINNIE

"...gave me the confidence I needed to do well in the real interviews"
FIONA

"The help and support strongly contributed to my success at interview. It built up my confidence so I believed in myself as a strong candidate"
NATALIA

Girls have been really appreciative of the time given to support them, often at very short notice, and the vast majority who were interviewed have successfully gained offers. However students are now also keen to see more opportunities for group interview practice to go with the individual interview sessions. This is something that we have listened to and intend to have fully in place for next year's cohort of applicants.



University Success

Last year, Year 13 celebrated not only achieving the best state school exam results in the City (with an average of a B grade at A Level) but used that success to join some of the country's most exclusive universities. We continue to wish them every success and hope to hear how they are progressing in realising their dreams.

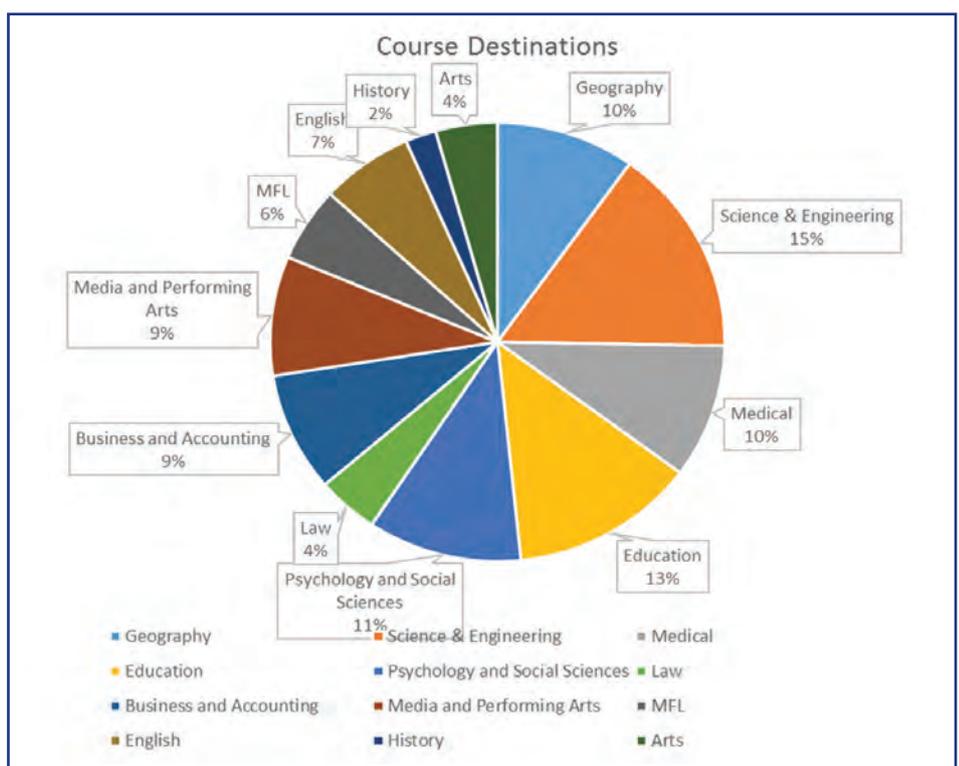
To give you an idea, half of last year's Sacred Heart students who attended university left to join a Russell Group University. These are the most prestigious, leading 24 universities in the country who together take more than

two-thirds of all university research funding. The group is packed with the traditional 'red bricks' and Durham, Oxford and Cambridge and all are usually spotted near the top of the league tables.

Nationally, only 8% of students are studying at a Russell Group.

Around 1 in 5 of our students started Newcastle University last October. Our next most popular destinations (in order) were Northumbria, Durham then Edinburgh.

Students embarked upon a very wide range of courses. Around 15% opted to pursue an undergraduate course in a STEM (Science, Technology, Engineering and Maths) subject. This was followed next by Education (13%), Psychology and Social Science (11%), Medicine, Nursing and Pharmacy courses (10%).



STEM SUCCESS AT SACRED HEART



STEM subjects are, Science, Technology, Engineering and Maths and undoubtedly, they are very popular choices for our students at both GCSE and A level, with many going on to related degrees and apprenticeships at the end of Year 13. Whereas nationally there appears to be a gap between girls and boys opting for STEM, our numbers have always been high and are continuing to grow.

Perhaps this is because as an **all girls' school**, we are in a unique position to counteract any misconceptions that girls may have about Science etc. being a boys' subject. In addition, more and more students are opting for Computer Science and applying for computing degrees at University. As a school, we are delighted that such a large proportion of our girls are planning to follow a STEM career pathway as careers in these areas offer rewarding and well-paid opportunities.

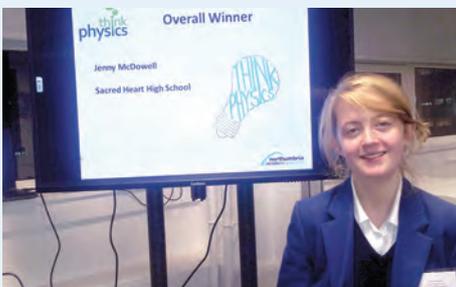
So why are we so successful with STEM?

Firstly, we believe it is because we work hard to engage students from an early age. Teachers ensure that their Science lessons are both exciting and relevant for the girls. This even begins before they join us at Sacred Heart as we work with our primary schools and host outreach days where Year 5 and 6 pupils join us for science days to peak the interest of young budding scientists before they have joined the school! Then when they join us in Year 7, girls are encouraged to think and act like real Scientists, getting involved in experiments as quickly as possible.

Extra-curricular opportunities

We want to help students to see the real life applications of Science and so we provide a huge amount of extra-curricular interaction with our young STEM students. Including:

- Sacred Heart Scientific Society (SHSS) - an award winning science club for KS3 students.
- Café Scientifique - A lunch time club where students can gather for a cup of tea/coffee and discuss headline stories in and dynamic ideas in science, all led by an expert in the field.
- Our Leading Edge Project which sees young female scientists (year 9) working with PhD students in university labs on cutting edge experiments and research.



All Sciences taught separately

All students are taught by subject specialists. We have four Physicists, seven Biologists (one of whom is a Dr with a PhD in Immunology and Rheumatology) and six Chemists. All of these teachers have extensively trained in their own fields, with a wealth of knowledge covering a vast collection of areas in science from Astronomy to Forensics.

Engaging, Specialist Teaching

Our STEM teaching is very 'hands-on' with much practical work in the classroom to inspire and engage. We work with local manufacturers, medical staff in hospitals, astronomers and research scientists to provide enriching opportunities both inside and outside of the classroom, so that they understand how relevant this learning is to improving the world around them. Every year, girls leave us to take up apprenticeships in these areas and are seen as high quality candidates by local companies and employers. Cardiology to Geology. The benefit this provides our students is they have a fully enriched experience in the classroom where the subject knowledge of the teacher is second to none.

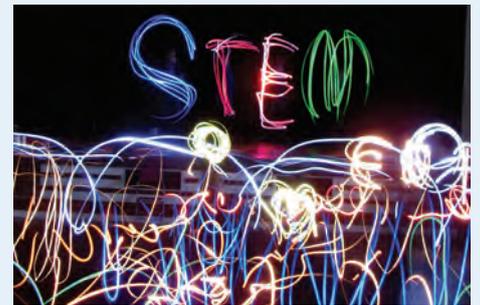
Out-of-school initiatives in STEM subjects

The Institute of Physics provides an enormous amount of support to try and encourage more girls in to science. The recent 'Think Physics' project is aimed at increasing girls awareness of careers in Physics and helping them access the routes in to those careers. In fact, a Sacred Heart student won a competition (that had many hundreds of entries) to design the logo for this project. There are other projects out there like 'Think Physics', all aimed at raising

awareness in science and we access as many of these as possible.

Indeed, two of our students had the great honour of joining Professor Higgs as he was awarded the 'Freedom of the City' in Newcastle. Higgs is famous for his works in Particle Physics and postulating a particle that explained how all matter came to have mass (The Higgs Boson), which was later acknowledge by the multi-billion CERN project at The Large Hadron Collider.

Further to this, some of our A-Level Physics students attended a lecture given by Professor Higgs on Particle Physics and then carried out some follow on work with another esteemed professors. The students thoroughly enjoyed the event and they were captivated and inspired by Professor Higgs' amazing knowledge of particle physics. It was a great opportunity for them to meet such a highly regarded scientist and something fantastic to put on their CV and UCAS applications.



This year's STEM successes

Physical Sciences: Lucy Breatly (Chemical Engineering, Newcastle); Victoria Cheong (Chemistry, Edinburgh); Marwa Hazrat (Chemistry Newcastle); Rebecca Hardy (Applied Science, Northumbria).

Engineering: Erin Hope (Mechanical Engineering, Newcastle); Emily Major (Engineering, Manchester); Molly Douglas (Built Environment, Northumbria); Reihā Ali (Engineering, Northumbria);

Biological Sciences: Amy Baird (Sport and Exercise Science, Loughborough); Samera Bi (Biomedical Sciences, Newcastle); Claire Devlin (Biochemistry, Sheffield); Emily Walker (Biology, Manchester Metropolitan).

Computer Sciences: Loryn Davison (Computer Science, Newcastle); Lorna Fitzpatrick (Computer Science, Birmingham); Syeda Islam (IT Management, Northumbria); Katie Patterson (Computer Science, Royal Holloway).

Medical, Nursing, Pharmacy and Health Care: Rose Adkin (Medicine, Destination tbc); Leah Barwick (Nursing, Cumbria); Sarah Brophy (Nursing, Sheffield); Laura Brown (Pharmacy, Manchester); Hope Dodds (BioPharmaceutical Sciences, Sunderland); Hannah Gill (Nursing, Edinburgh); Olivia Killen (Pharmacy, Lincoln); Lessica Magnaye (Medicine, Newcastle); Sarah Nzau (Nursing, Liverpool John Moores); Cailin Sample (Midwifery, Northumbria); Dhanya Stephen (Medicine, Newcastle).



Health & Social Care Enrichment Day

Health and Social Care students in Year 12 had the opportunity to participate in an Enrichment Day in February.

This included First Aid training from volunteers of the International Rescue Corps. This will not only help them with potentially lifesaving skills but will also be excellent for UCAS applications. In addition to this the day included a carousel of activities designed to challenge their thinking, and promote creativity. These activities involved designing a resource for a child to develop their fine motor skills, and planning care for adults with complex needs.

The purpose of this was to mimic group interview scenarios for university courses such as nursing, primary teaching and social work. The afternoon involved Tony Connor, a senior nursing practitioner from Northumbria University, delivering a lecture to the students regarding applications to university for health and social care related courses. It involved top tips for interviews and personal statements, as well as an insight into the day to day life of a student nurse.

The day started and ended with prayer and reflection, led by Miss Martindale, to re-focus our thoughts on the school goal this year of 'intellect'. Students reflected on the day, and said they felt challenged, and 'out of their comfort zone'. The day was a huge success, and Mrs Woodhams and Miss Horsley were very impressed by the students' efforts.



Year 7 Letters to Pope Francis

Girls in Year 7 took part in an opportunity to get in touch with the Pope. In December, the Pope had tweeted and urged the people of the world to write to him and send him cards as he loves hearing from his people. We took the opportunity to allow the girls to create a Christmas or birthday card for the Pope or to write him a letter.

As the girls had learned about Pope Francis that term they were very eager to get started. This was a fantastic chance for the girls to use their creative side in Religious Studies. Some girls who wrote letters used the opportunity to tell the Pope a little about themselves and their lives here at Sacred Heart. Other students used their letters to ask the Pope questions about his life in the Vatican and about his calling to become a priest. The girls thoroughly enjoyed themselves and all of the students created some outstanding pieces of work.

Dawn Joseph said "I felt excited about making these cards for the Pope, he is such an important person around the world and it would be a privilege for him to open our cards and read our letters". The cards and letters were sent in one big package to the Vatican, where they will have been received by Pope Francis along with other cards from around the world.

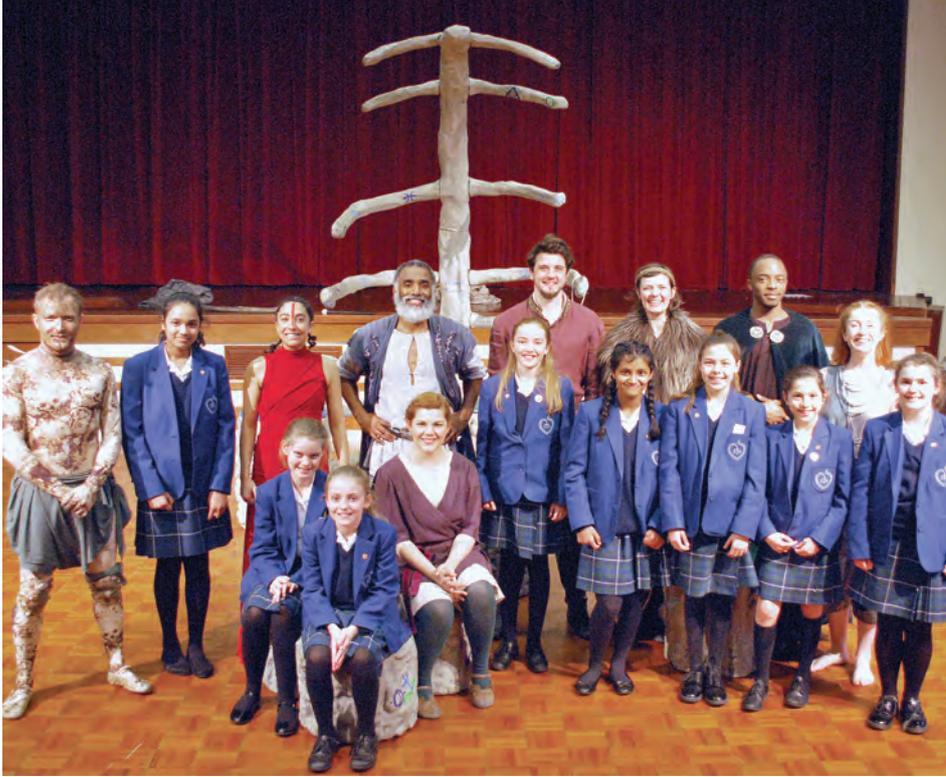
Sacred Heart Network News

Following our successful gathering of Sacred Heart students from across England, we have concentrated on addressing this year's Goal, Intellect, within the school community.

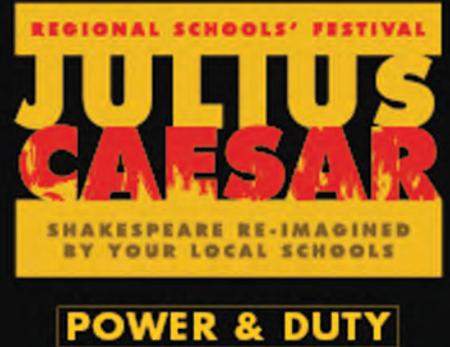
Each student and teacher has made a pledge to try something new - something which will take them out of their comfort zone and which will allow them to develop their intellect. Work on this was crystallised during Advent when each person's pledge was written on to a strip of cloth. These strips were then used in our Christmas Liturgy to line an orange box, a symbolic action to remind us of our task to prepare for the birth of Christ. The cloths were then used again during our Lenten Liturgies where they were hung on the cross as a reminder of our preparations for Easter. We will celebrate the conclusion of our journey during our end of year Mass by which time the pledges will have been fulfilled and the strips will be woven into an altar cloth.



Departments across the school have also been involved in addressing the Goal through their curriculum work. The creativity of students and staff has been wonderful. Activities have ranged from staff being invited to develop their artistic talents by making pottery Christmas tree decorations to students learning Latin.



JULIUS CAESAR



Royal Shakespeare Company Performs In Sacred Heart...Again!



We have been extremely proud and honoured to host the second of the Royal Shakespeare Company's 'First Encounters' production on Thursday 9th and Friday 10th March 2017 in our main school hall.

RSC actors performed a fantastic version of "The Tempest" using Shakespeare's original language which was a perfect introduction for Key Stage 2 and 3 students.

After the performance students were given the opportunity to question the cast about the play, the Royal Shakespeare Company and their own personal acting careers. The cast were phenomenal and answered some probing questions very candidly and with great humour.

We were treated to four performances altogether, two matinees, one of which was reserved for our own Year 7 students and Key Stage 4 Performing Arts students, and the second was given over to primary students from the partner schools named below:

- Sacred Heart Catholic Primary School
- St Charles' Catholic Primary School
- St Oswald's Catholic Primary School
- St Cuthbert's Catholic Primary School, Kenton
- St Cuthbert's Catholic Primary School, Walbottle
- Our Lady and St Anne's Catholic Primary School
- St Michael's Catholic Primary School
- Knoplaw Primary School

The two evening performances delighted community audiences, and we packed out

the main hall. We were joined by students from Newcastle and Durham Universities, St Cuthbert's Catholic High School, St Thomas More Blaydon and Excelsior Academy.

A huge thank you to everyone who joined us to experience "The Tempest", we truly appreciate you taking the time out to come to our school to support us in encouraging young people into the arts.

It seems fitting that our annual 'Speech and Drama Competition' will be linked to the 'The Tempest'. Each Year 7 form class is busy rehearsing a five minute scene from the play.

We are truly honoured to have a working relationship with the prestigious Royal Shakespeare Company, and we look forward to working with them again.



The drama department continue their work with the Royal Shakespeare Company's Learning and Performance Network (LPN). As part of our participation in the LPN two designated teachers have trained to become leading teachers of Shakespeare, attending training at the RSC in Stratford-upon-Avon, before transferring their learning into the classroom, making students' encounters with Shakespeare exciting and relevant.

We feel extremely lucky to be involved in this programme of engagement between local primary schools, Newcastle Theatre Royal and the RSC.

On the 31st of March we will be hosting a Regional Shakespeare Festival which is a part of a national celebration of young people's performances involving five local schools and approximately 100 young people.

Our Festival will tell the story of Julius Caesar and each school in our cluster, mentored by professional RSC director Kim Sykes, will perform a different section of the story.



A-Level Art Visit to Sunderland University

All A-level Art students visited Sunderland University to find out more about their foundation course. They had a guided tour, received advice on portfolio content and course content and spent time with current students during question and answer sessions. Some explored the craft of flame drawings.

Students had a glass blowing and flame drawing demonstration. Joe Woodhouse from the university returned the visit to AS and A2 girls in school to discuss the foundation diploma available at Sunderland. Following on from this a selection of students applying for the course had their interview for the course on site.

All Art students were offered places. The feedback from the lecturer about the course and our ceramic facilities was amazingly positive. This was shared with the students and across the department.



BIOLOGY OLYMPIAD

In January all Year 13 Biology students took part in the Olympiad Challenge. The British Biology Olympiad (BBO) aims to challenge and stimulate students with an interest in Biology to expand and extend their talents.

By offering a wider specification than A-level, it allows students to demonstrate their knowledge and to be suitably rewarded and publicly recognised by the award of medals, certificates and other prizes. It is hoped that competing in the Olympiad will encourage students already interested in this valuable, wide-ranging and rewarding subject to continue their study beyond A-level.

Our girls this year were extremely successful, fourteen of the girls scored highly and were awarded certificates of recognition. They were:

Fiona Adamson and Philippa McClen (silver award), Minahil Mujahid, Fatima Naeem, Bethany Richardson, Hannah Walker, Zelna Weich (Bronze award), Aoibh Bourke, Mayram Chowdry, Rachel Kenny, Jessica Tait (Highly commended), Nicholle Pang, Migi Ramos, and Eleanor Witney (Commended).

Demonstrating the talents of the students here at Sacred Heart.

We are delighted that Isla Wilkinson has been offered a place on an Headstart course at the University of Southampton to pursue a summer school experience in Marine Engineering.

During this course she will learn the basic principles of designing ships, yachts and marine structures in order to understand how the world's oceans can be exploited to harness environmentally safe energy, all under the guidance of expert staff and students in Ship Science at the School of Engineering Sciences.

Isla will be involved with hands on team design and build projects. She'll listen to

talks, lectures and seminars from graduates in Ship Science, research and the marine industry and learn about the wealth of subjects and careers to be gained in the marine world, from designing autonomous robot submarines to marine environmental energy extraction to advanced racing yacht design.

This is an amazing opportunity in marine engineering. Congratulations, Isla!



Senior Team Mathematics Challenge



Four talented mathematics students represented the school with distinction at the regional heat of the UK Mathematics Trust Senior Team Challenge. This competition combines teamwork, communication and mathematical skills, as well as offering students the chance to express their enjoyment of mathematics and develop their problem solving.

Year 13 students Minahil Mujahid and Fiona Adamson, as well as Asriyah Choudhury and Lucy Martin from Year 12 visited Northumbria University to compete against teams from twenty other schools.

The students gave up their own time to prepare for the competition and their commitment and hard work was rewarded when they achieved fifth place.

After the competition Minahil reported:

"I enjoyed being able to apply the mathematics I learnt in lessons to interesting new problems".

Fiona added "The challenge of the competition lay in working as a team under time pressure, which we managed well".

The team were highly praised by competition organisers and by teachers from other schools, who commented on their outstanding attitude and enthusiasm. They were fantastic ambassadors for the school.



CROSS-CURRICULAR LEARNING IN ART AND GEOGRAPHY

Some students across Year 7 classes are currently making a flag using the textiles technique of Proggy. The girls have chosen a flag that either represents their heritage and background, or a place that they aspire to visit in life. They have gathered research about the place and have learnt a lot of interesting facts about the meaning of symbols and colours used in flags.

Proggy uses recycled fabric to create a mat or rug with the best designs being simple and bold, which is perfectly suited to flags. Year 7 students have found out about the traditional Northumberland process of making a Proggy mat and the original uses for the textiles to keep warm. They will continue to build up their Proggy using a range of techniques over the next few weeks.

A selection of the flags will be going on display in the Geography department next term and it will be interesting to see how many people recognise the flags or make new discoveries.

Year 10 Oxbridge Experience

Napoleon said "History is a set of lies, agreed upon." So should we believe history books?

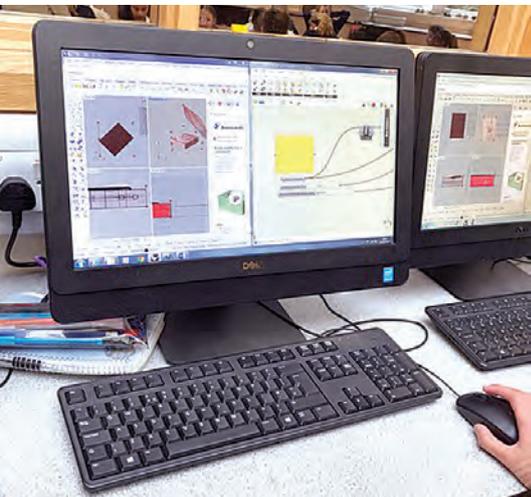
This and many other deep questions were explored by discussion, facilitated by the University of Oxford, in Sacred Heart recently.

Through well-established, on-going links with Oxford we have expanded the age groups involved in the fantastic outreach work the University engages in. Year 10 have already met teams from the University three times; firstly to discuss what a highly selective university is like to study at; secondly to delve deep into the big questions as an example of the joy of questioning; and finally to help further develop resources from the university designed to provoke deeper questioning.

Alongside visits to school to support Year 12 students interested in applying to Oxford (or Cambridge), we also take groups of students to visit Newcastle University, St Anne's College, Oxford, and Jesus College, Cambridge.

The EU have been debating whether robots are responsible for their crimes. What do you think?





SUNDERLAND COLLABORATIVE 3D DESIGN

The Art department has established links with Sunderland University to set up a collaborative project between our Year 10 Art students and the university's Glass and Ceramic department. The project will develop 3D design work using architectural software and will result in some Year 10 Art students producing 3D printed, laser cut and sandcasting glass.

Students had the experience of working with industry based software and alongside undergraduates at a visit to Sunderland Glass centre. On a visit to Sunderland glass centre they experienced sandcasting, hot glass blowing and plyo glass drawings.

All work produced will add to their GCSE coursework. The project draws on links between Art, Maths, Engineering and Architecture.



'Breakfast Steph' talks Business, Economics and Celebrity Gossip

Stephanie McGovern, an award winning broadcaster, who is best known as the main business presenter and occasional co-host of BBC Breakfast recently visited the Sixth Form. After hearing that her recent BBC Breakfast analysis of the budget and government deficit had provided clarity and motivation to economics students she was keen to visit Sacred Heart and meet the students in person.

During an hour long talk Steph told us about her early career in business and

engineering before moving into broadcast journalism. Her talk contained some extremely motivating and inspirational messages such as the role of women in the media and the importance of regional diversity.

Steph was also happy to answer questions ranging from her views on the Northern Powerhouse and her experience of interviewing Donald Trump, to who is her favourite celebrity that she has interviewed.

The many students who attended the talk thoroughly enjoyed the event and left inspired by Steph's story and message of positivity.

Law Taster Day

Our Year 12 Law students were offered a fantastic opportunity to attend a taster day at Northumbria University Law School at the beginning of March. The day involved lectures from practising barristers, and included topics such as the role of a barrister, and the various routes available to qualify to practise Law.

Another lecture explained legislation surrounding the protection of children in the UK in comparison to other countries, which challenged the students thinking on whether we should be more or less lenient towards minors in our society.

The highlight of the day was taking part in a mock trial that was overseen by a real female judge! Olivia Salem and Marie Johnston were outstanding in their roles as representatives for the prosecution and the defence. The students left feeling inspired, we have some future criminal lawyers in our midst!



LATIN COMES ALIVE!



Antigone 25 Film Project

In February six of our pupils enhanced their study of Classics by acting out part of the Antigone play. Pupils spent a morning at Heaton Manor (with Clare-Marie Roxby, our peripatetic Latin teacher) being filmed reading out part of the Antigone script.

The film is part of the Antigone 25 project organised by The Centre for Hellenic Studies at Harvard University. Schools worldwide have each taken a few scenes and the project brings together the scenes into a whole. The film links in with the students' study of Latin over the past year and was a very exciting opportunity to perform for a wider audience.

Well done Tommi Otieno and Beth Kiddie (Year 13), Emily Huggins, Emily Robinson, Lucia Bowers and Holly Northmore (Year 9).

North East Inter-schools Classics Quiz at Newcastle High School for Girls

Emily Robinson and Lucia Bowers represented Sacred Heart at the North East Inter-schools Classics Quiz. The competition was designed as a fun event in the style of "University Challenge".

Students were questioned on myth, Roman life and history, Latin grammar and vocabulary with some Latin song titles thrown in too. The competition was a great opportunity to meet other students of Classics. Emily and Lucia did Sacred Heart proud, especially considering that they were competing against pupils who study Classics and Latin numerous times per week. Gr tul til



Sacred Heart Classics lunchtime club

On Wednesday lunchtimes Year 8 pupils give up their time to enhance their knowledge of Roman culture. They take part in team quizzes and thus far have studied Roman dress, Gladiators, Roman religion and JK Rowling's use of Latin in Harry Potter. A highlight of the term was the two minute toga challenge, in which pupils had two minutes to turn a bed sheet and ribbons into a stylish toga on their friend.

Next term we look forward to creating a mosaic of the words spoken by our foundress, Madeleine Sophie Barat: "Courage and Confidence", which, translated into Latin, is "Fortitudo Fiduciaque".



German Exchange

On the 13th of September, we anxiously departed for Nürnberg: the plane journey was naturally full of worry and doubt. However, once we saw the friendly and welcoming faces of our Exchange Partners at the airport, all of our worries immediately disappeared.

After an evening of catching up and getting to know our host families, we were fully well rested and ready for the exciting week ahead of us. We experienced typical days in a German school, consisting of the early rise in the morning with 45 minute long lessons and the surprisingly early finish at noon.

In addition visits to the bustling Nürnberg city centre, the historical Coburg Castle and the Documentation Centre were very memorable. Not only did we learn about the enthralling German history, but we also witnessed for ourselves the remnants of the past. Then on the weekend, we had an excellent time with our host families doing various different activities.

Overall, we had a remarkable time in Germany. This exchange offered us a great opportunity to familiarise ourselves with a different culture and also the German language. What's more is that this Exchange made us learn more about ourselves, our capabilities and independence. Furthermore, not to mention we also made long lasting friendships!

Maggie Mi, Year 11



Third Year Degree Students Perform at Sacred Heart



GCSE & A-Level Dancers Visit Pineapple Studios

On the 12th January our Year 11 and 12 dancers travelled to London for a couple of days of "all things dance".

Once we arrived in London we checked our luggage into the hotel before heading into Covent Garden for some sightseeing and a spot of souvenir shopping. At 3pm we headed back to the hotel where the girls got ready for a night at the theatre. We took the tube to Leicester Square and then walked in the pouring rain to Pizza Hut where the girls refuelled with pizza, pasta and pop!

We then walked to the Adelphi Theatre to see the West End box office smash hit 'Kinky Boots' - a story about a very special pair of boots told through song and dance. After the fantastic high energy performance we took the tube back to Russell Square and settled into the hotel for the night.

On Friday we got up early and met for breakfast, building our energy for the day ahead at the famous Pineapple Dance Studios. From 10.00am - 4.00pm the girls took classes in Ballet, Contemporary, Contemporary Jazz, Commercial Jazz, Street and Hip Hop. The classes were taught by some of the best in the business and the girls managed to keep up with fast pace and challenging choreography and as always they were complete professionals.

At the end of the day sixteen exhausted girls headed back to Kings Cross station for the journey home, taking with them many happy memories and experiences to look back on.



On the 11th January, Geoff Hopson from Dance City, brought twenty-five third year Dance degree students to perform in our dance studio to an audience made up from girls in Years 9 to 12. They brought with them two very different performances, one of which was choreographed by an associate of Matthew Bourne.

Sacred Heart pupils were in awe at the level of technique, performance and professionalism presented to them. Lecturer and rehearsal director, Geoff, lead a question and answer session allowing pupils to deepen their understanding of the works, one girl even got up to demonstrate with Geoff!



The girls left feeling inspired and motivated knowing that they too could reach this level of skill in just a few years' time. We continue to work with Dance City and the Gateshead degree programme through CAT recruitment, teacher training placements and performance events.

GCSE Dance Workshop

On 10th and 17th November, Debbie Hylton came to work with our Year 10 GCSE dance students. Debbie is a professional dance artist, who visited us from Gateway Studios in Gateshead. During these workshops, Debbie taught four movement phrases to the students, which are set by the AQA examination board.

As an ex-professional dancer, Debbie passed on a lot of insightful information which inspired and motivated our pupils. The GCSE students will perform these set phrases in year 11, as part of their GCSE in Dance.

BIG AND SMALL

Our annual collaborative project with Northern Stage 'Big and Small' was a huge success last year, celebrating 10 years as part of the theatre's extensive learning and participation programme.

This year the project is being developed, including greater student numbers from both primary and secondary year groups, parental involvement and a film project. The performance will be held in the newly renovated Stage 3 at Northern Stage in June.



Year 10 Retreat

Another successful retreat was had at the Youth Village with our Year 10 for a two night residential. The theme of the retreat was 'Reconnect'. We were encouraged to think about ways in which we could 'reconnect' with God. The retreat was full of inspiration and we left feeling so refreshed, renewed and 'reconnected'! These are some of the things the students have said about their experience:

"I thought this retreat was a reward for working hard at school. It was an amazing experience where I felt like I began to regain my faith, so for me it was a really calming yet enjoyable experience"

"No matter what happens, God is still the light which will guide me home and the end of the day"

"Amazing. I had such a fun time. I got to reflect and spend time with my friends. This retreat has helped me understand the importance of taking time out and just thinking about my faith. I've been reminded to appreciate the small things in life, including friends and family. They are the most important things in my life and come first. I need to show them my love and how much they mean to us"

CHAPLAINCY

Flame

56 members of Sacred Heart joined a group of 800 from across the Diocese to travel down to Wembley Arena for the Flame 3 Congress. The theme was "10,000 Reasons".

It was an amazing event, full of inspirational speakers, uplifting music, moving prayer times, fantastic dance, interesting interviews and engaging videos. We really enjoyed being a part of the event and already look forward to the next one!

Youth Friday Celebration

Not only did we have two representatives from Year 8 at this event (as did other schools), but our fantastic A-level dance students were asked to choreograph and perform a dance for the Gospel procession during the liturgy. The girls did an amazing job and really did us proud. We also had three of our sixth form students representing the Youth Council and doing an amazing job with organisation and hospitality.



JPII Awards

We have five students who have completed the JPII Award this year to gold level.

These girls received their medal and certificate at an awards ceremony on Thursday 2nd March. We have twelve girls working towards completion of the award at the end of this academic year from Year 12 and two of the girls who have completed the award at gold level are now working towards their Papal Cross award which is the highest level.



Sixth Form Retreat

This was the first sixth form retreat we have ran in three years. It proved to be an amazing retreat that was well worth going to. These are some of the things the students have said about their experience:

"To always know that I am loved and I should never doubt myself, self-worth comes from within"

"Someone is holding onto the hope you may be losing!"

"I feel extremely enlightened"

"I think it is very inspirational, as an a-level student, stress was very apparent before this retreat and it has made my mind clear of worries so I know when I go back to study I can take in the work and messages of school better"

"It's something that anyone, believer or non-believer, should experience"





SACRED HEART ROCK SCHOOL



Junior Choir Opera Trip

Around 50 members of Junior Choir were lucky enough to attend a school's matinee of the opera "Hansel und Gretel" by Humperdink. It was performed in the Theatre Royal by Opera North.

The story was updated to fit into the 21st-century, with games consoles, chocolate bars and technology. It was a stunning performance from world-class singers and accompanying orchestra of Opera North. It was accompanied on stage by comic acting and astonishing visuals, including live-streaming from a camera during the performance, which was then projected onto the set.

A highlight was a beautiful duet between the two main characters: a lullaby which they sang before they went to sleep. Many of the students were watching opera for the first time and were wowed by the experience.



Sacred Heart never fails to grant its most ambitious students opportunities to showcase their talents, and the annual O2 rock school gig is an amazing example of the fantastic chances for music students eager for a taste of life on stage.

Every year, students from Years 9 to 13 have the exceptional opportunity to form a band, attend weekly Rock School sessions where they are helped and instructed by professionals, and then perform their hard work and talents on Stage 2 at the O2 Academy.

After many eventful practices, some highly successful and some not so, a range of bands perfected a few tunes and were waiting for the day to finally arrive. Everyone arrived for the sound check, and walking on stage for the first time is terrifying - and that is to an empty room! We had a feel for how it would really be like, but the time between the sound check and the real thing flew by and before everyone knew it, friends and family arrived, full of anticipation to see the showcase of talent.

The music, style and genre ranged greatly, from upbeat and fast paced Franz Ferdinand

to chilled-out Lana Del Ray, and there was something to appeal to everyone's taste.

The atmosphere was thick with enthusiasm and eagerness, and no one failed to disappoint.

Bands from other schools including Dame Allan's and RGS were also performing, so we could see gifted students from other schools, which we all thought was great. I count myself amazingly fortunate to say I have had a taste of performing with professional tech and a packed audience. It brought everyone a lot of joy to watch so many young people performing on stage, battling their nerves and having a great time doing what they loved.

See you all there next year for what be another amazing gig!

CATHERINE KERR, 12U





MUSIC DEPARTMENT: Christmas Term 2016

Sacred Heart Musicians Play All the Right Notes

Our Sacred Heart students continue to make excellent progress in their vocal and instrumental studies, both in and outside of school. The following girls took ABRSM theory and practical examinations in early March and now eagerly await their results:

Ana Amezaga-Kutija, Sophie Pereira, Chloe Leadbeater, Poppy Barton, Abigail Schoeman, Gloria Tokunboh, Eve Akerman, Nafisah Fareed, Jessica Forbes, Ellie Gibson, Patricia Kalingking, Angel Zhang, Chloe Fife, Mackenzie Jardine, Maggie Mi, Anahita Shahbakhsh, Harriet Ogilvie, Annie Miller and Louise Whittle.

And our congratulations go to Elin Devine-Douglass in Year 10 who has once again won her category in the final of the prestigious Avison awards; Elin continues to go from strength to strength as a violin and viola player and we are very proud of her many achievements!



It was another busy and exciting Christmas time for our young musicians. In December our choirs and other extra-curricular groups presented another wonderful Christmas concert, which delighted all who attended and took part. The girls in Senior Choir also performed for our staff in the last staff briefing of the Christmas term, which was a lovely way to start Christmas festivities for all.

Our Junior Choir also joined forces with the choir of Sacred Heart Primary School for the annual joint Christmas Carol Service between the two schools. St Robert's Church in Fenham was the venue for the carol service, where teachers, students and parents from both schools came together to worship and tell the Christmas story through prayer and carols.

In addition to this, twenty-four of our Year 7 students from Junior Choir were also delighted to support St Joseph's Care Home by carol singing at Eldon Square on the 15th December. The total amount raised on that day for St Joseph's was a staggering £975; our girls were very proud to take part and support the sisters.





Year 8 Running Star

Ines Curran in Year 8 took part in the English Schools Cross Country Championship in Norfolk representing Northumberland schools in the Junior Girls category (Years 8 and 9).

Ines was the first girl to finish for Northumberland and achieved the highest place for all North East girls (including Durham) in all the races coming 20th out of 344 girls. Ines has been quite successful recently and her team won Bronze for the North East in the British Inter Counties Cross Country Championship at Loughborough.



YEAR 7 FOOTBALL

We took a group of Year 7 pupils to Walker Activity Dome to play in a Football tournament. They played games against St Mary's and Gosforth East which they unfortunately lost. However, they had a very successful afternoon winning the other three games they played against Heaton Manor, Newcastle High School for Girls and Walbottle Campus. The girls worked really well together, their teamwork increasing as each match went on.

At presentation time the competition had been so close that four of the teams, including Sacred Heart, finished on the same number of points. Sacred finished fourth overall.

A fantastic competition which the girls thoroughly enjoyed.

**MILLY KYNE & AMY BROOKS
YEAR 12 SPORTS LEADERS**



FOOTBALL: UNDER 13 AND UNDER 15 CITY CUPS

Both teams have qualified for the semi-finals of the Newcastle City 7-a-side Cup Competitions. Both matches are going to be played in the coming week. The under 13 team are playing St Mary's and the Under 15 teams are playing Walbottle. We are currently holders of the Under 15 Cup, and were finalists last season at Under 13.

YEAR 7 AND 8 NETBALL: End of Season



Forty of the girls in Year 7 and 8 who play Netball for the school teams celebrated the end to another successful season. On Monday 20th March they enjoyed the culinary delights at Santana's restaurant in Jesmond. During the meal the girls spent time reviewing the season including voting for their player of the season which will be announced during the PE presentation and lunch on Friday 14th July. Following a delicious pizza the girls walked the twenty minutes to Sports Central at Northumbria University. Here they found the specially reserved seats and settled down to watch Team Northumbria take on Manchester Thunder in a Superleague Netball match that was also aired on Sky Sports.

For all of the girls it was their first experience of watching elite Netball. The speed and precision of the game had all the students amazed and discussions were had about how the umpires managed to see everything.

The first half saw Northumbria and Thunder go goal for goal. Following half time, Thunder pulled away only for Northumbria to come back with just nine minutes left to play. Unfortunately there wasn't enough time left on the clock and Northumbria narrowly missed out on claiming their first win of the season. It was a fantastic evening and a wonderful way to end an exciting Netball season.



VOLLEYBALL

The Volleyball club on a Wednesday after school has been running since September and offers free volleyball coaching for all students which is delivered by an external Volleyball coach.

They girls have trained hard throughout the year and have competed in the league against other schools. Competition has been very tough but both of the Sacred Heart teams have come away from the season having won the majority of their matches.

The last round of matches at Newcastle High School for Girls was the toughest yet but both teams were able to apply everything they have been taught and managed to play some outstanding volleyball impressing all the teachers at the event. Well done to all of the girls who have attended Volleyball this year.





Sacred Heart's New Catering



Healthy Breakfasts

As a fantastic start to 2017, Year 7 attended a PSHE session with Nick the Chef on the importance of a healthy breakfast and general healthy eating.

Many students in today's busy world fail to eat breakfast at all, and from those who do many eat sugary cereals or cereal bars, or resort to snacking on sweet items or crisps on their way to school. This inadequate start to the day may then lead to a lack of concentration during the school day, resulting in a reduced academic performance.

Nick was helped from three enthusiastic volunteers from the year group who assisted him in making three delicious, healthy breakfasts. These were:

- **Natural yoghurt with a combination of dried and fresh fruits, as well as nuts and seeds.**
- **Dates covered in cocoa powder and coconut (the sweetness is provided by the date so no added sugar is necessary).**
- **Omelettes with lightly fried rocket and herbs.**

These breakfasts were then sampled by many students in the year group who then gave their positive verdicts on the food, and thanked Nick for an informative and enjoyable session.

Thank you to all our students, staff and visitors who have supported our new catering service. Since we opened the dining room to the new service in January 2017 we have been overwhelmed by the fantastic response from you all. Both in the amazing increase in numbers enjoying the food on a daily basis, but also seeing the smiles and hearing the fabulous comments being made about the food. This makes our catering staff who work extremely hard very happy indeed and it is a pleasure to come to work. We always welcome any comments that will help us to further improve.

You might have noticed that we said good-bye to Marion who had worked as a cook at Sacred Heart for 27 years, but decided to hang up her apron and retire. I can't imagine how many Sacred Heart biscuits and daily cookies she made over those years. However, we have welcomed Chris Bentley into the kitchen as our new cook.

In the **MAIN DINING ROOM** we are offering:

Breakfast from 7.30am. There is something for everyone. Starting with a good breakfast sets you up for the day. Why not maximise that learning power you have within you... and for staff just get ready for that busy day. So we have a range of food to suit all tastes:

Bacon sandwiches	Porridge
Sausage sandwiches	Toast
Baked beans	Fresh fruit pots
Hash browns	Yoghurts
Selection of breakfast cereals	Selection of Danish pastries & Croissants

Morning break time. We offer a range of goodies, both hot and cold. These do have a slight variation each day so it's always worth popping in.

Lunch time. We work on a 3 weekly menu rota to give you lots of variety and these menus are changing termly. Our students will have worked

it out already that the menus are displayed outside the dining room and on stairwell 4 above the revaluation machine.

After consulting students from the School Council we are in the process of moving forward on developing signage for the dining room to make it clearer what is on offer. We will get there soon but it was important that we got the food right first, as well as ensuring that you don't have to queue as long, which I am sure you will agree, this is much improved all round.

Students in the Sixth Form are still enjoying the daily menu and the luxury of having **Madeleine's Café** on site for their convenience. Staff and visitors are also welcome, and many staff have become regulars. Service begins at 7.30am until 8.40am, then begins again at 9.40am to 1.30pm. There will be a new menu coming soon. So keep your eyes open...

As Parents Evenings have moved to the Sixth Form building we are opening the Café for those events from 3.30pm to 5.00pm for the convenience of parents (and of course their daughters) who have had a busy day and need a hot/cold drink to keep them going.

Thank you from our catering team for your support.

MR LEE ROBSON, CHEF MANAGER



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You can now keep up to date with events at Sacred Heart by following @shhs_events on Twitter. Please note for safety purposes this account is only for the promotion of events and not for communication about students.