

Friday 19th May 2017

# WESTFIELD NEWS



## Young Carer Nominated for Award

A courageous young woman who has turned personal adversity into a positive force is in a competition that hails the “giving to others” of Hertfordshire’s younger generation. Sixteen-year-old Annie-Rose Cutler refused to let her role as a young carer confine her aims in life, and is campaigning for greater awareness for those in a similar position.

Now she’s been nominated for the Affinity Water Young People of the Year awards or “YOPEYs” – Oscars for young people who give to others. The annual contest has over £1,000 to be won by young positive role models who give to others. There will be at least two Herts Young People of the Year. A senior YOPEY, aged 17-25, winning £500, and a junior YOPEY, aged 10-16, winning £300. Either prize can be won by an individual or group and the winners have to invest most of their winnings in their good cause but can keep £100 to treat themselves. There will also be several £100 runners-up prizes.

Annie-Rose Cutler was nominated by Laura Green, team leader for the Hertfordshire Young Carers Service. Laura said: “I have known Annie for 18 months, however, she has been known to carers in Herts and my colleagues for much longer. Annie is a young carer for members of her family and has been actively involved with the Young Carers Council for several years, holding the position of vice-chair since April 2016. She has volunteered her time and skills on numerous occasions, supporting the work of young carers in Hertfordshire, and speaking out about young carer issues so that young carers are heard and better supported.

Annie has organised and co-hosted the annual Young Carers Conference, speaking directly to ninety young carers and sixty professionals, sharing her experiences and enabling other young carers to share their own, raising awareness of young carer roles and the impact this has upon health, wellbeing and education. This year it was held at The Forum Conference Centre in Stevenage and last year at Watford Football Club.

Annie is particularly nurturing to the younger members of the group and keeps them in mind when she is talking. She has also encouraged staff at school to attend young carer awareness events, and talks passionately about wanting young carer issues included in the PSHE curriculum. Annie has always been a committed, enthusiastic and energetic member of the Young Carers Council, offering time, energy and ideas. This is particularly commendable when taking into account her school commitments and her caring role for her brothers and mum.

Annie has grown in confidence over the past couple of years and is a fantastic role model to other members on the Young Carers Council. Annie, who is in the lower sixth at Westfield Academy, has been a member of the Hertfordshire Young Carers Council since 2010, when she was aged just 10, and is determined to give young people a voice, as well as care for her own family. “I care for my mum Tracey as she is unable to move around freely, as a result of osteo and rheumatoid arthritis. This causes her to be immobile and in constant pain. I help with my younger brother Zachary, who suffers with global developmental delay and mild cerebral palsy. I help both my mum and younger brother with practical things such as washing their hair and bathing my brother as well as with shopping and doing chores and other things. I occasionally help my older brother Nicholas who suffers with autism, epilepsy, ADHD, moderate learning difficulties and other mental health problems.”

Annie’s dad Ray works full-time so Annie is the main carer during the week. She added: “I found out I was a young carer in 2009, but I always considered it just what I did. Then I became part of the Young Carers Council in 2010, so I had others to talk to who were similar to me. I think it’s very important to raise awareness of who young carers are, as it’s quite stigmatised and people don’t want to think of it as being as close to home as it actually is”.

“Because of their caring role, young carers’ sleeping patterns change, they can struggle at school and homework becomes harder to do, but I’m lucky, I help with housework, shopping, and looking after my brother which doesn’t require night shifts. I get to have time with my friends but many other young carers don’t get that privilege. It’s important that professionals such as GPs, teachers and others who are interested know how hard it can be for young carers. At conferences I talk about what I do and who I care for. I’m not afraid to answer and it helps educate people”.

“I’ve helped create a questionnaire so young carers can identify themselves and leaflets on mental health with child friendly information. It’s a good tool for professionals. I raise awareness by speaking from my own experience quite passionately, but I don’t do that all the time, as there is also a factual side to what I say. I hope GPs will start to ask the right questions if they see a child coming in with their parent, or a teacher sees a child falling behind in their school work. I understand it must be quite scary for teachers and GPs to ask a certain type of question as it’s not an easy subject to confront. GP’s normally tell you what is wrong, so it’s like role reversal”.

“With the Young Council we provide courses on first aid, CPR and activities such as ‘fit to care’ where we show young people how to lift properly. These life skills are really useful for people who are looking after others”.

“I enjoy raising awareness and speaking to others and being able to listen to other people. I really like to help, being part of the council has allowed me to develop my people skills.”

Annie is now studying A-levels in English Literature, History and PE and then she hopes to go to the University of Hertfordshire to become a nurse practitioner.



Article credit—Watford Observer

# Year Group Information

## Year 11

Exams have now commenced this week and students have all made a great start it seems. They are all very focused and motivated to do the best they can to make themselves and us all proud of them. Attendance has been excellent leading up to the exams with many students still fitting in as much revision as possible. The after school and weekend revision will continue all the way through until the last exam.

**Prom:** The payment for prom will be available on Wisepay shortly. The students have chosen the theme of masquerade, so we are looking forward to seeing some creative designs for their masks.

**Hoodie:** There will be a letter coming out to give your child the opportunity to celebrate the end of 5 years of study and to have a keepsake which they can wear proudly. The hoodies will be available in a variety of colours. These can also be paid for on Wisepay, the size details will need to be filled in on the slip and sent back to myself so I can ensure every student gets their custom design correct.



Miss Crouch

## Year 10

Now that Year 11 GCSE's are in full swing there are a lot of Year 10s beginning to realise how close their own external examinations are, in form we have been looking at revision and strategies that students should be using to revise, this has been a really helpful task and is beginning to give them the tools that they need to revise effectively.

The students have been looking at flash cards and mind maps as a starting point. This has enabled the students to put their thoughts, ideas and key facts down on paper in a logical way that will make sense to them when they look back over their notes.

At home they now need to be thinking about creating a revision timetable that they will use over the next year, this is important to ensure that they are continually going over and consolidating their previous learning.

When creating their timetable they need to remember the following:

- Revise in short bursts of 20-30 minutes with breaks of 10 mins in between
- Allow yourself time to do things you enjoy
- Include all subjects
- Prepare, have resources available to use (past papers, revision guides and classroom notes)



Miss Smith

## Year 8

Students are prepared for their assessments as they've been enthusiastic in preparing mind maps and it's great to see them knuckle down to do well in all their subjects. To see 8BL perform their practical Drama assessment in physical theatre was an honour as they truly showed their commitment to the subject. Finally as 8BL have the highest attendance rate this term, we will be rewarding them in the very near future.

Mr Lalji

## Year 7

The top 10 students with the best overall behaviour points are:

1. Zoya Khan (1893 points)
2. Lara Ward (1875 points)
3. Jawed Ahktar Sanchez (1855 points)
4. Alicia Wilson (1810 points)
5. Nisa Younis (1800 points)
6. Siv Shivakumar (1745 points)
7. Eloise Green (1755 points)
8. Malaika Fiaz (1735 points)
9. Kay Walker-Williams (1733 points)
10. Aman Hassan (1723 points)

Miss Larkin

## Year 9

This week has been assessment week and I have been very impressed with the attitude of Year 9 students towards their revision. I can see them developing some really good habits which will serve them well as they continue to study for their GCSE courses.

Congratulations to the students with the highest positive scores in Year 9:

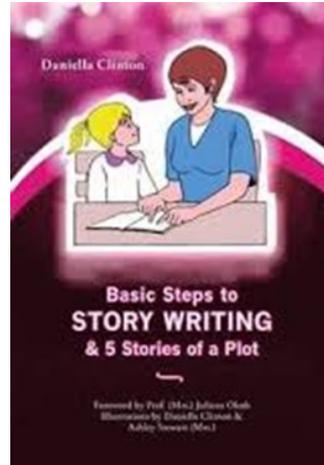
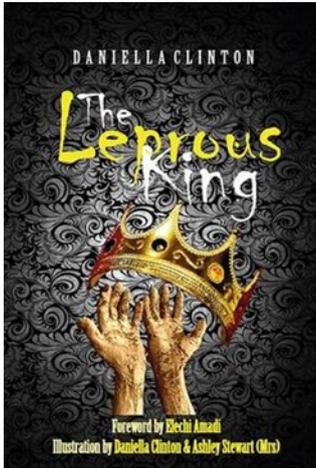
Arzoo Younas (1350pts)  
 Kripa Bashyal (1290pts)  
 Taha Ahsan (1275pts)  
 Veslina Simeonova (1255pts)  
 Arianna Busuioc (1165pts)  
 Shakirah Zaab (1160pts)  
 Zaki Hussein (1145pts)  
 Amanyah Shah (1040pts)  
 Sofia Hamandi (1035pts)  
 Joy Louka (1020pts)  
 Rio Towle (1020pts)  
 Legia Vicknarajah (1020pts)  
 Taimoor Ahmed (1015pts)  
 Denis Margarit (1005pts)

Your exam brain needs:  
 P Preparation  
 R Relaxation  
 O Oxygen  
 F Food and water



Miss Lucas

# Author Profile from the LRC



Daniella Clinton 9Cu, became a published author at the age of just 7!

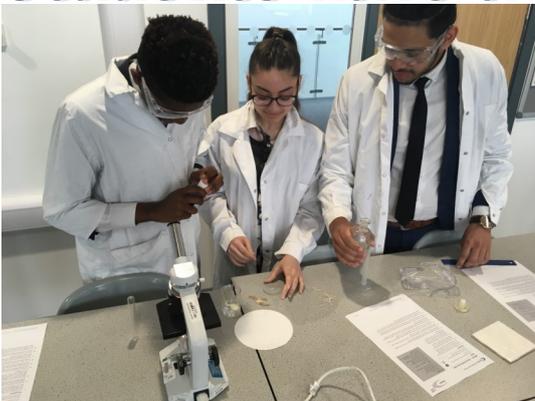
Daniella is currently the youngest author and illustrator to be published by TRICORN BOOKS UK as well as the youngest Nigerian author and illustrator to publish two books.

Daniella has stated in several press interviews that every child can write if well guided, she loves travelling to children's workshops in story writing.

The 'Leprous King' is a matter of fact, an adaptation of a true life story that was shared with Daniella by a family friend during one of her visits to Nigeria.

The book, 'Basic Steps to Writing & 5 Stories of a Plot', is intended to introduce the plot, as the key to story writing. It may prove a useful story writing guide for children and teenagers.

# Students have a mi-t fine time with mitosis



"Thousands of your cells are dying as you read this and without mitosis your cells would all eventually waste away until there was nothing of you left. Thank goodness for such a process. You can observe cells in different stages of mitosis and these students in A-level Biology enjoyed seeing first hand this happening". Mr Waite



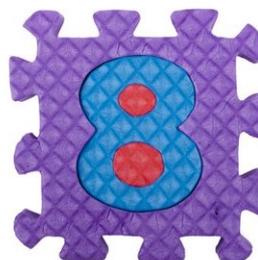
# Maths Riddle Solutions

The man and the rabbit cross the river, (the fox and carrot are safe together), he leaves the rabbit on the other side and goes back across.

The man then takes the fox across the river, and since he can't leave the fox and rabbit together, he brings the rabbit back.

Again, since the rabbit and carrot can't be left together, he leaves the rabbit and he takes the carrot across and leaves it with the fox.

He then returns to pick up the rabbit and heads across the river one last time.



How can you add eight 8's to get the number 1,000? (only use addition)

$$888+88+8+8+8 = 1000$$

## Watford Business Enterprise

### Update...

We thought we'd give you an update on what we have been doing so far!

A few students from each year group have been selected to take part in the Premier League Enterprise Course which runs for 10 weeks. During this time we are learning about different aspects of business.

Our brief is to create a product for Watford Football Club and pitch this to them. As part of the course, we attend a 2 hour meeting each week where we complete activities, create role plays, make new friends and build up our confidence. These meetings teach the students to speak out loud, to contribute with group activities and to not be afraid.

So far, we've had a tour at the Watford Stadium and explored the pitch, attended a press conference, interviewed famous footballers and performed ideas they could sell at the shop. Each of us has specific skills that we bring to the table: confidence, inspiration, motivation, voice, laughter and much more.

We are very much enjoying the experience and will keep you updated over the coming weeks!

Written by: Khushi Kaur - Year 8



## Wanted!

To expand our extra-curricular offer, we would like to offer students the opportunity to come up and play Nintendo Wii classics like Wii Sports and Mario Kart. To help us make this happen, we are wondering if any generous families would be willing to donate any unwanted consoles, games or controllers as they would be gratefully received and certainly put to good use.

If so, please feel free to drop any unwanted items to Main Reception FAO: Mr Finill



## Rounders Fixtures

## Cricket Fixtures

Date	Yr	Opposition	
25.4	9	Bushey Meads	A
3.5	8	Reach Free Postponed	A
4.5	9	Reach Free	A
9.5	7	Reach Free	A
11.5	9	Francis Combe	A
17.5	8	St. Joan of Arc	A
23.5	7	Francis Combe	A
31.5	8	Francis Combe	A
6.6	7	St. Joan of Arc	A
13.6	8	Bushey Meads	A
14.6	8	Bushey Academy	A
15.6	7	Bushey Academy	A
20.6	7	St. Michael's	H
27.6	7	Bushey Meads	A
28.6	8	St. Michael's	A



On Tuesday 23<sup>rd</sup> May, Youth Workers from YMCA Watford will be coming in to deliver a mini games session after school between 3pm and 4pm. This will be held in the inclusion group room (A232) so if you are interested in board games or being competitive with your friends, come along!

The youth workers will also be providing additional advice and guidance to students on how they can access their youth work/youth club services across Watford.

For more information, see Mr Meale or Mr Finill



### Year 9 and 10

Bushey Academy	Mon 8th May @ Westfield 4:00pm
Queens	Wed 24th May @ Westfield 4:15pm
Parmiters	Year 9 only: Wed 7th June @ Westfield 4:15pm
St Joan of Arc	Thurs 8th June @ Westfield 4pm
Reach Free	Tues 13th June @ Westfield 3:20pm
Rickmansworth	Tues 20th June @ Westfield 4pm

### Year 7

Bushey Academy	Mon 8th May @ Bushey Academy 4pm
Francis Combe	Thurs 18th May @ Westfield 4pm
Queens	Wed 24th May @ Queens 4pm
St Joan of Arc	Thurs 8th June @ St Joan of Arc 3:45pm
Reach Free	Wed 21st June @ Westfield 3:20pm
Rickmansworth	Fri 23rd June @ Rickmansworth 3:30pm
Parmiters	Wed 28th June @ Parmiters 3:45pm

## Athletics

Monday 22<sup>nd</sup> May, the Westfield Athletics Team will be competing in their second competition of the year. This is a league fixture and will be held at Jarmin Park Stadium from 4:15pm - 6:30pm. Students will arrive back at school for about 7pm.