

Review

RHSC Carol Service

My favourite carol service, in fact my favourite service of the year, is the RHSC Carol Service held this year on Tuesday 5th December as usual at St. Mary's Church here in Reepham.

Once again it was an amazing evening. Every year, as our students go through their school years and move on, I wonder how such talent will be replaced, and every year it is. This does not happen by chance, the school needs teachers and support staff to spot and nurture those gifts and abilities that they see in our students.

Yes, it is the students who ultimately stand up and sing or read so beautifully year on year, but without staff nurturing this talent and putting all the effort into rehearsing the students and organising the service itself, this would not happen.



Thanks to all who once again gave me my favourite evening of the year.

A happy Christmas to you all.

Rev' Keith, Synergy Chaplain

On Tuesday December 5th members of the school band, orchestra, drama group and choir - as well as a few soloists - went down to Reepham church to get in touch with their musical side and put on a Christmas show.

It was a chance for several of the school groups to get together, have a bit of fun and showcase their musical talents in front of their local community; as well as raising some money for the church.

Libby Moulard, Year 8



Awesome Astronomy

On Friday 1st December, RHSC held its first astronomy evening since before Covid. Around 100 students and families braved the icy conditions and were rewarded with clear skies!

Students were treated to a planetarium experience by WonderDome and the opportunity to see the on-site large Newtonion telescope up close. The moon was in view, and some students and parents were able to see Jupiter and four of its moons in detail; a first for many!



Some of the Y12 students gave an excellent talk on the history of astronomy and telescopes and Kai in Year 10 was fantastic in presenting alone on the topic. Our photo, left, was taken by Lola in Year 7.

All things being well, we hope this is the first of many evenings. A big thanks must go to the student volunteers from Years 10, 11 and 12, without whom we couldn't have run the event. Hope to see you next time!

Mr Hull, Science teacher



Tough Mudder

This year saw our muddiest ever Tough Mudder! The recent weather meant that the course quickly turned to mud and the run really lived up to its name.



With new obstacles added and a new route, the Tough Mudder provided a fun and engaging cross country run for pupils. It was a real highlight as every group tackled it with a great attitude and got fully involved.

The hill climb was a particular highlight towards the end of the week, with it being almost impossible to climb without falling into the mud!

Well done to all of the pupils and thank you to all of the parents/carers for washing their PE kit!

Mr Easton, Head of PE

Over several days the school has done its annual Tough Mudder Challenge. Every pupil got two chances to complete the muddy obstacle course; it was great fun and also emphasised skills such as teamwork.

The challenge was something that everyone could enjoy, not just people who are really into PE, so thank you to the staff who organised it. Libby, Year 8

Soul Space

Transforming the drama mobile was a true labour of love for this year's Christmas themed Soul Space. I wanted the space to be as warm and friendly as possible so that pupils could really reflect and take time out of their busy lives.

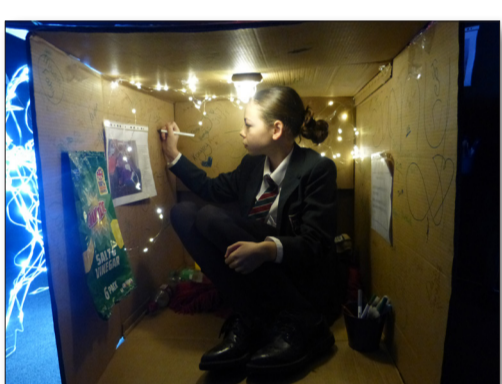
I designed the tasks around the season and got pupils to think about how unique they are; just like a snowflake and reflect on what they are thankful for or sorry for, and remember their favourite Christmas memory. My favourite memory was that someone's mum added sugar



instead of salt to a sauce! Reading through all the pupils' contributions is a true insight into the lives and loves of teenagers. It is clear that teenagers really value their family, pets and friends.

We had some very special visitors this year to Soul Space, including the Bishop of Lynn and our own Synergy CEO Lou Lee, who both took the time to chat to the pupils and were suitably impressed with the space and pupils reactions to it. I look forward to planning Soul Space 2024.

Ms Reid, RE teacher



Bookbuzz 23

Each year, we take part in Bookbuzz, a national scheme which provides a book to keep for every child in Year 7 at minimal cost to the school. The children choose from a list of 17 titles, all carefully selected to ensure quality, suitability and to encourage reading for pleasure.

This year's group have loved their books, which include a sci-fi adventure from astronaut Tim Peake, a football thriller by Ian Wright and a spooky mystery from Jennifer Killick.

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Year 7s are also excitedly looking forward to a visit in February from author Tom Palmer, whose books about the wartime era and sport have been popular for a long time in our school library.

Law Courts Visit

A group of 20 Year 12 law students from Reepham College visited Norwich Crown and Magistrate Courts on a very cold and frosty winter morning to watch court proceedings to see in action what they had learnt about in the classroom.

In the morning the group was split into two, and half the group went to the Crown Court to see a key witness giving evidence in a manslaughter case. The other group went to the Magistrates courts to see a wide variety of different cases involving theft, then driving offences and fines for non-school attendance. The groups then chived over after lunch.

The students are part way through studying topics of the English Legal System and Law Making and this was a fantastic opportunity to see first hand how the courts work and the roles of judges, magistrates, solicitors, and barristers as well as the many other roles involved in the running of courts such as court clerks, parole officers and legal experts. It proved to be an eye opening and interesting visit and all the students impressed with their smart dress and mature attitude.

Mrs Almond, Law teacher



Food News

Year 9s' Sweet and Sour triumphs!

Year 9s tried their hand this week at a classic Sweet and Sour Chicken. Whilst the lesson focused on blended sauces and starches, there was nothing dry about their creations. We struggled to get them to take some home as most appeared to have taken it out for lunch!

As a food teacher it is encouraging and humbling when I hear them say 'this is great, I am going to cook this again for my family tonight'.

Anyone 'game' for pheasant?



Thanks have to go to George, GCSE Food Prep pupil for thinking of us during his weekend attendance at a local shoot. Having brought in a superb example of fresh local game, a crowd of keen and slightly squeamish pupils watched him dress the pheasant, which was then roasted and devoured at lunchtime. Thank you, George for giving us an opportunity to see and taste something that is part of Norfolk life.

The wonders of Italian Focaccia!

Our Year 9s genuinely get the best recipes, this time making traditional Italian-style Focaccia! Learning how yeast, sugar and water ferment, how gluten is formed and the subtleties of feeding the bread with olive oil and adding the dimples with your fingers! Fortunately, some of Mr B's loaf was shared with staff, but all the rest made it home!

Pizza toast: a new favourite of our Year 7s

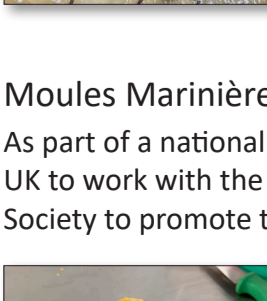
We are extremely aware that for many of our Year 7s using the grill, hob and oven is a new experience, so they thoroughly enjoy the opportunity to learn about healthy eating guidelines and using hot equipment by making this incredibly cheap and quick snack! I also know that, once converted, this becomes a lifelong favourite, using up any stale and left over bits from the fridge!

Choux away!

One of year 10's favourite practicals and classic crème pat filling, but always with a chocolate drizzle! These were beautifully piped or spooned and puffed up superbly. Very few made it home, but an amazing talent and high skill for our GCSE pupils to use again in the future.

Moules Marinière mussel in on the action!

As part of a national initiative we were one of 250 Schools in the UK to work with the Food Teachers Centre and the Fishmongers Society to promote the use of fresh rope grown and mussels with our Year 10s. Pupils were incredibly keen to cook and eat them, some for the first time ever, and even Mr Gibbs appreciated the double helping that appeared at his door!



Year 8s challenged with Risotto and cheese crisps

Our new Year 8s were challenged on their first practical session with an authentic Italian dish, mushroom risotto! However, we like to get them to develop their restaurant-quality plating and presentation skills as demonstrated here. Pupils were given the opportunity to create a simple 'cheese crisp' to add height and colour to the risotto dishes. Good job, Year 8s!

Mr Baxter, Food Technology teacher

