

Mental Health Awareness Week

Last week (14th-18th May) was The Westgate Wellbeing Week and throughout the time, all pupils experienced a few short well-being sessions. On Wednesday, all pupils came to school dressed in sports clothing, everything from The Westgate PE Kit, to their own club kits. In every lesson, the pupils spent at least five minutes doing some sort of physical activity whether it was a three-minute workout or chair yoga. This was because exercise can have a positive effect on people's self-esteem and well-being as well as being good for one's health. Some lessons included relaxation and meditation while others had the pupils up on their feet and exercising around. Furthermore, every year group had an assembly with Andy Hider, head of pupil support, who was talking about people's mental wellbeing. A memorable quote from the assembly was "Everyone is

fighting a battle you know nothing about. Be kind, always." Pupils were also encouraged to talk to someone if they felt and concerns or worries about their mental health. Overall, everyone had a great time over the week and everyone has had time to reflect on their well-being.

Art lessons in both upper and lower school took place in the Forest Learning area (see photos below), where pupils made art using natural resources, and while also making the most of being in the fresh air and natural light.

Lower school pupils started running their Golden Mile, which they will continue to run throughout the summer term, in practice for Sports Day and to also promote a healthy body and mind-set from an early age.



Classroom Aerobics: Year 8 pupils took a break from their Maths lesson to re-energise their mind!



Pupils had the opportunity to take part in a hula hooping workshop during their break time.



Lower school pupils made art using natural resources



Upper school pupils also went into the fresh air to make sculptures in the Forest Learning area.

The Gate



- This Month's special Features:**
- Mental Health Awareness Week Summary
 - House Updates
 - A Goodbye to our Year 11's
 - Sporting success stories
 - An introduction to our new Senior Prefects

The gateway to news and events which make our school so great!

May 2018

Current House Positions

1st		11413
2nd		11362
3rd		11298
4th		10941



House Calendar Competition Winner: Charlie Godman

Congratulations to 7W1 HHU, 8A1 ASA, 9F2 MSA, 10E1 RHA, 11A2 SPO for being the highest merit scoring tutor groups.

When the Circus came to Town...

On the 22nd April, the Circus came to the Westgate School as part of a fundraiser set up by the PSA. The whole day was a success with a bouncy castle, sweets, ice cream, BBQ, magic, face painting and aerialists. Mr Damant said "It was a really lovely whole school event, but also made us part of the community as local residents also came and enjoyed the circus". Of course the most wonderful thing was that this was a brilliant all through event, and seeing the younger pupils sitting together on the benches with their school friends, looking agape at the magical acts, was an amazing sight. The next major event run by the PSA will be the Summer Fair. Last year, this was a really popular event, and this year we'd like it to be even bigger

and better. You can expect to see musicians, gymnasts, dancers, arts & crafts, games and a BBQ. We are still looking for people to help run some of our stalls, so if you are interested, please speak to Mr Damant who will be able to point you in the right direction. Also, if you have any ideas of a stall we could run, we'd love to hear from you! The Summer Fair will take place on Saturday 23rd June from 11am-2:00pm. We hope to see as many of you there as possible!

All money raised from the PSA goes back into helping the school. Whether it is buying new equipment for classrooms, or funding some new lights for our halls, we are very grateful to the PSA for all they do for us.



Introducing your new Senior Prefect Team

It's that time of year again where the year 11s are focused on their GCSEs and the year 10s have to step up and take responsibility for leading the school. As you may already know, a new senior leadership team has been selected and we are ready to take over the outstanding work that last year's team did for the school.



Head Boy: Benedict Robinson
Head Girl: Elise Herbert
Deputy Head Boy: Jake Griffiths
Deputy Head Girl: Lucie Harrison
Assistant Head Boys and Girls:
 Ben Sauve and Tibbie Fish- (*Head of Pupil Support*)
 Robert Hurley and Carlina Mangani- (*Head of Prefect Duties*)
 Oscar Loveseed and Isobel Blake- (*Head of Lower School Prefects*)

Lower School Senior Prefects: Luke Watson, Florence Couper, Charlotte Prince-Rayner, Padma Rowland-Stevens, Eleanor Sermon and Evie Scott.

As a team, we would like to say how excited we are to help improve our school next year!

Spring Concert

We have just had our amazing Spring Concert, where we had performances from Big Band, Flute and Clarinet Choir, Brass Band, Junior Orchestra, String Ensemble, Vox Choir, Brass Quintet, Barber-shop, Fiddle Folk Group, Flute and Fiddle Group, Windband, Rock Choir and Senior Orchestra. Our finale, performed by Senior Orchestra, was Schneewalzer (Snow Waltz), by Thomas Koschat. All musicians had to swing from side to side in their seats and we even had the audience dancing! Events like this really showcase how talented our pupils are, and demonstrate how committed our musicians are to their lessons and orchestras.

Beautiful Barcelona!

A group of Year 10 pupils have recently got back from a combined languages and art trip to Barcelona. Across the 4 days, we saw the sights of the city, while emerging themselves in the Spanish culture. On day 1, we visited Park Guell (gardens) which was a long way uphill, but spectacular! We also went to the world famous Cathedral, the Sagrada Familia which was breathtaking and has progressed a long way in the last few years. During the 2nd and 3rd days, we were inspired at the Picasso museum, and also went to the zoo and the aquarium. Finally, we went to Camp Nou, home to Barcelona Football Club which was a fantastic experience and slightly surreal to see just how big it was. All pupils and staff had a brilliant time, topped off with lots of shopping! Thank you to Mrs Teague, Mrs Judd, Mrs Rickard and Andy Hider who provided the pupils with a safe and exciting trip!

Group!

The month of June sees our final set of Year 7 pupils go through 'Group'. We have had nearly 200 pupils do Group this year and this has given our Year 7's the opportunity to share, listen and support one another with things that they are going through. We are hoping to run some specific Groups for Year 9 next year, so keep an eye out for that.



Westgate Lower School Triumphs!

It was a perfect afternoon for the yearly Winchester Primary Schools Cross Country event which has become increasingly popular.

There was an amazing attendance with nearly 500 year 3 and 4's from seven Winchester Primary Schools: Allsaints, St Bede's, Westgate, Sparsholt, Western, Twyford and Weeke.

There were 40 Year 10 Sports Leaders from The Westgate School who helped run the event. They led warm up activities to a group of 30 children and prepared the runners for their races. Following this they marshalled the course and supported the competitors around the 1.5km course. They all did a fantastic job and were a credit to The Westgate School.

Each race had on average 120 runners, so those in the first twenty did exceptionally well.

The Westgate Year 3's all competed and we had amazing results: with 6 girls in the top 20 and Ellie J winning the year 3 girls race. The boys had 3 in the top 20 with Ollie F coming second in his race.



Every runner completed the course, there were some mixed emotions at the finish line but in the whole many finished with a smile. It was a fantastic afternoon with a great atmosphere and it was encouraging to see everyone participating with such determination and sportsmanship.

Race for Life 2018

This year, Miss Hayes and the PE Department welcomed Race for Life into PE lessons. Year 7, 8 and 9 pupils have completed a 2km run/walk while wearing pink and raising money for such a worthy cause; Cancer Research. Every girl has taken part, and even received a medal for their achievement. There were extra prizes for the winners of each race, and the girl wearing the best fancy dress also won a prize. A special mention goes to Izzy Stout who completed the run in a pink dressing gown! The year 10 sports leaders have been brilliant, and have even helped pupils by running laps with them and encouraging them to keep going. Pippa Knight, a year 7 pupil had this to say:

"I enjoyed taking part in Race for Life and it's good because it's all going to such a great cause".

Well done to all those who have taken part!



Westgate Dominate

Congratulations to the U13 girls Tennis Team. On the 10th May, they had a match against Kings at Bereweke Tennis Club—their first time playing together as a school team. It was a lovely atmosphere, with ex pupils cheering them on as they played.

The girls had a convincing win, dominating from the start and eventually winning the fixture 12-0. We look forward to seeing them succeed even more in their upcoming fixtures!





Westgate Sports News



Double Hampshire Champions!

The Westgate U13 and U14 Girls Football Teams are both currently celebrating becoming Hampshire Champions. Both teams have trained consistently well, and have won 24 out of their 26 fixtures this season (even going into double figures on numerous occasions)! The U14 girls played their final at AFC Totton against Mountbatten. After a very tense 15 minutes, Westgate scored after a brilliant free kick from Ava Mills, followed in by Daisy Macleod. Ava then scored, meaning Westgate went into half time 2-0 up. The girls appeared tired in the 2nd half, which led to a Mountbatten goal with a very nerve-racking 10 minutes to go. Luckily, the team held together, and became County Champions.

The U13's played with the same, high level of enthusiasm that had got them this far, but unfortunately conceded in the first 5 minutes, putting them 1-0 to their opponent, Perins. Luckily, the girls reacted to this, with a goal from Pippa Knight. The level of play was outstanding, with some brilliant, leading to goals by Daisy Macleod, Lia Francis and Helena Meadows. The score at half time was 4-1 to Westgate. Feeling confident, the girls had a went into the 2nd half determined to keep their lead. Emma Cochrane added herself to the scoresheet, along with Merry Eymond and more goals for Lia and Pippa. The final score was 9-1; an incredible achievement.



Westgate 6th in the World!

Having previously won the National School badminton Championships, the Westgate School girls team have just returned from representing Team England at the World School Games in Pune, India. Welcomed alongside the 14 other nations competing at a traditional Indian opening ceremony including cultural dances and encouraging speeches, the level of competition very high.

The competition began in the impressive 16 court arena with Westgate facing the strong French national team first, followed by China, Brazil and India B. The team were made up of captain Tash Lado, Leah Allen, Angie Wong and Megan Thomas. The competition was strong and they gave some very good performances as a team both in singles and doubles matches, and were delighted in finishing 6th in the world overall. Although the atmosphere was highly competitive and fierce the event gave opportunities to interact with all of the other players from around the world.

Whilst preparing for the trip, money was raised in order to provide sporting equipment to a local Indian school. While the team were there they were lucky enough to be able to personally go and present the sports equipment along with meeting and talking with the children and the founder of the School. This was a moment that was particularly enjoyed by the team as they were able to see the impact they could make on the school first hand.



Mock Trial

On the 19th May 2018, 13 individuals, from Year 9, participated in the semi-finals of Mock Trials in Worthing. Previously, they competed in round 1, which was held in Southampton and came 1st in the competition. The students that competed in these events were: Sam Hartley, Ed Calvert, Tiger-Lily Jonathan, Cerys Prince-Rayner, Amandine Brown, Evie Kirtley, Lily Sullivan, Tallulah Jones, James McSparron, Ruby Smyth, Jason Dateshidze, Jude Spinks, Francesca Churchill and Maya Gibbons. The competition involved months of preparation and required commitment from all members. They developed an understanding of the British legal system and had the opportunity to meet the Hampshire and Sussex high sheriffs, many lawyers, court staff and even an ex convict! We deeply encourage future Year 9's to take this opportunity next year. We thank Miss Jackson for organising Westgate's participation in this and to Mrs Mellor and Andy for taking us to the event.



UKMT Maths Challenge

The intermediate challenge was held in February with close to 250 pupils participating from years 9, 10 and 11.

We had 67 pupils earn either a gold, silver or bronze certificate, which is a fantastic achievement!

We had 13 pupils earn a space into the Kangaroo round (the next round); 5 more than last year.

Congratulations to Alex Adams who made it to the Maclaurin round (you skip the Kangaroo round and move straight into that one), making us 6 better than last year in total. He was also invited to UKMT's National Mathematics Summer School; both a first for The Westgate School.

We also had a large number of year 7 and 8 pupils sit the UK junior Maths Challenge in April. A huge well done to the following pupils who achieved the Gold award:

Year 7: Daniel Klinger, Panos, Daisy Lucas, Madeleine Thomas, Jamie Klinger, Gregory Briggs, Daniel Lean and Isobel B.

Year 8: Will Hardy, Dylan Pound, Adrian Ginder, Katherin Osgood, Jonathan Ord, Emma Bunn, Chiron Leather, Henry Crompton, Ainslie Roensdorf, Mia Inman-Cook, Melissa Charles, and Leo Reid.

A lunchtime with Miss King

A warm welcome to Miss King, our new English teacher!



Q: Who is your most influential person?

A: My dad.

Q: Who is your favourite author?

A: Virginia Woolf.

Q: If you could live anywhere, where would it be?

A: In Norway, it's really beautiful.

Q: If you could resurrect someone from the past, who would it be and why?

A: Shakespeare to find out what his next play would be and how he died.

Q: Most favourite thing you've ever done?

A: Learning to ski.

Sudoku

To solve a sudoku puzzle, each row of nine squares must contain the numbers 1 through 9. Each column must also contain the numbers 1 through 9, and each box must contain the numbers 1 through 9.

6		1			2
4		6	2	7	
		3	7		8
2		4	9		
	1			2	
	3	8			5
9	8	4			
	4	3	2		9
2		7			4

Goodbye to our Year 11's

As we approach the end of another school year, we also come closer to the end of an era for our year 11's. Since starting here in year 7, they have all achieved so much and we wish them all the best for their upcoming GCSEs and future endeavours. We'd also like to remind them about some important dates that are coming up:

-Wednesday 27th June: Leavers Assembly

-Thursday 28th June: Prom at Oakley Hall

-Monday 9th July: Work Experience

-Thursday 23rd August: Results Day

-Thursday 23rd August: Yearbook Collection



Cooking up a Storm!

Congratulations to Finn Ainsworth who graduated from his Young Chefs course at Eastleigh College last night. Finn's final task was to prepare and serve a three course meal for his parents and teachers (Mrs Fyvie-Rae and Mr Pullinger). It



was a fantastic evening with very fine tasting food. Finn prepared, cooked and served a bruschetta for starters, followed by a chicken and potato fondant, and then a sticky toffee pudding with custard for dessert. Congratulations Finn—a brilliant achievement!

An Author in the Making:

Congratulations to Kate Bestwick in Year 8 who has won a Young Authors competition, meaning she will be going for afternoon tea at Jane Austen's house. Here is a snippet of her winning entry:

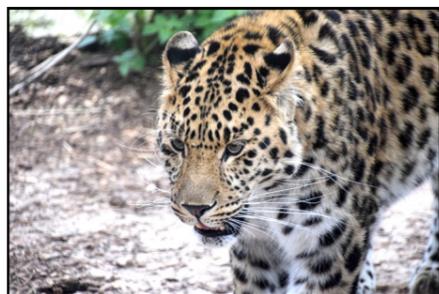
"We need to go!" I yelled.

"A few more minutes, we'll be fine." Came his reply, his tone far from soothing. I lifted another marble statue into the rickety cart as a tremor shook the ground. I glanced fearfully at the smoking volcano that sat like a dark overlord staring down, deciding whether or not to rain death into our ranks. I jumped to the side like a startled street cat as the last of our neighbours drove towards the harbour. I fought the urge to run as far away from the simmering mountain as possible, but I knew that wasn't an option. I shot a hateful glance at the delicate pottery and precious metal that my master valued more than his slave's lives. I heaved a marble bust of my master into the sagging cart, dropping it amongst the china pots and dainty silver plates. Antonio came out of the villa, dragging another statue, this one of the goddess Juno. I sent another fitful prayer to the gods but I doubted it would be heard amongst the hordes of others radiating from our city. I grabbed the bottom of the statue and laid it down as gently as my quivering hands would allow. "Now we go." I said pleadingly. Antonio glanced at the volcano that was now leaking oily smoke into the otherly spotless blue sky. "Yeah," he agreed, nodding his head, "I think its fine if we leave now."

Marvellous Marwell

On Tuesday 24th April, year 7 visited Marwell Zoo for a deep learning day. We walked round the zoo and saw lots of animals, we also had to fill in work sheets for year 5's to do research with so they could learn the habitats and feeding behaviours of the animals. This animal (attached photo) is of an Amur Leopard, they are critically endangered with about 60 remaining in the wild, mainly due to humans hunting them for their fur and deforestation, which destroys their habitats.

Written by Gabriel Riley, Year 7.



Westgaters go the Distance!

A huge congratulations to Mrs Judd and Mrs Teague who earlier this month completed the Moon Walk (a marathon through the night) while raising money for Breast Cancer.



Congratulations also goes to Lily Neate who ran in the Hampshire U15 girl's team at the English Schools Cross Country Championships at Temple Newsham in Leeds. The weather was harsh with gale force winds, thick mud underfoot and even snow showers at the end! This was a team event with over 340 athletes competing and Hampshire did really well by coming 5th out of 44 English county teams.

Race for the Line!

This term in maths, the Year 7s have designed and raced their rocket cars for the Dendrite Race for the Line competition. All the Year 7 teams were given a basic block which they carefully transformed through their creative and aerodynamic designs into their cars to maximize their racing speeds.

On the 21st March, RAF Odiham came into Westgate and set up a race track on the courts behind the maths block. Each of the fabulous vehicles were then lined up and raced over a 100m stretch. The times were recorded and two of our teams were selected to and take part in the regional stage.

The two teams that made it through to the regional finals were Team 1: Nikolai Komar, Panos Korovesis, Daisy Lucas and Sam Macleod, Team 2: Rebecca Chamberlain, Emilia Francis and Olivia McCulloch.



House Updates:

The end of term will soon be approaching, and the house cup will be decided. There has already been a fantastic level of participation so far, particularly in the Table Tennis, Rugby, Benchball and of course the House Choir Competition! Fortunately, we still have many events left for you to get involved in, including:

- Fri 25th May: Year 10 and Staff Rounders
- Weds 6th June: Philosophy Competition
- Weds 20th June: Day of Sport
- Fri 22nd June: Bakeoff (Discovery Days)
- Weds 27th June: Lower School Sports Day
- Friday 29th June: Dance Competition
- Friday 20th July: Westgate X Factor

We can also now proudly announce the Pupil House Leaders for 2018/2019. Well done to all who entered—your videos really were fantastic and we appreciate the hard work that went into them. Congratulations to the following pupils who have been successful in their application and have been elected as Pupil House Leaders:

-  Ruby Smyth (Year 9)
-  Tara Karki (Year 9)
-  Samson Wheller (Year 9)
-  Chiron Leather (Year 8)