

## The Westcliff Week

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### WEEK BEGINNING 20 APRIL 2020

#### THE WESTCLIFF DIARY: SUMMER TERM

Welcome to the fourth edition of The Westcliff Week.

I would like to welcome all pupils and staff back to School for the Summer Term after the Easter break. I would also like to take this opportunity to thank my colleagues who volunteered to attend School during the holidays so that we could continue to offer provision for pupils where necessary. I am most grateful to those colleagues who have continued to provide copy for The Westcliff Week during the last two weeks so that we could keep The Westcliff Week running during the holidays.

All across our country people are going the extra-mile to help and support their communities. In recognition of those efforts, it is wonderful to have the opportunity to express gratitude from our School community to all in the NHS and other key workers by flying 'thank you' messages from our flag poles at this time. We have included some photographs in the following section and on the School's Facebook page.

With the present circumstances in mind, I should like to remind pupils and parents that we are looking forward to using the summer edition of The Westcliff Diary to acknowledge and celebrate the contribution of the many parents and/or Old Westcliffians who are critical workers, enabling our society to continue to operate at this time by supporting the response to COVID-19. The deadline for submissions is **Friday 24 April 2020** and all contributions should be submitted to Mrs Robinson, my Personal Assistant at [office@whsb.essex.sch.uk](mailto:office@whsb.essex.sch.uk) (please see issue 3 of The Westcliff Week for guidelines).

I wish all pupils and staff a productive and stimulating term, and encourage you to continue to send in your contributions for The Westcliff Week.

*Headmaster*

#### WESTCLIFF HIGH SCHOOL FOR BOYS PAYS TRIBUTE TO NHS AND KEY WORKERS



Flags containing the iconic blue and white logo and a simple message of thanks fly from our three flagpoles on the School's South Drive. The flags symbolise the community spirit shown by so many people in our community during these difficult times. Many of our former pupils and parents of our current pupils are also working on the front line; we are so grateful to them, and to our wonderful WHSB Parents' Association and the Old Westcliffian Association who have sponsored our flags.



The flags were raised last Friday afternoon with help from Mr Bleakley, Director of Lower School, Ms Niedziela, Head of German and Easter Volunteer, and

Freddie Cox, Year 7. Freddie's father is a key worker during these difficult days, and Freddie is pictured here with Ms Niedziela, conveying our message of thanks to all key workers and volunteers.

Staff and pupils at Westcliff High School for Boys have been offering support to workers at Southend University Hospital by making protective visors using the School's Technology equipment, and by baking for the hard-working medical staff.

## MUSIC BOX: A WORK A WEEK

Anton Dvorak's 9th Symphony in E minor, often known as the 'New World Symphony', earns first place on my list of favourite classical pieces, both for its nostalgia and simplicity. The symphony was written in 1893, and arguably marks a pivotal moment for American music. The piece was written to reflect Dvorak's experience of America - at the time still very much a new world, hence it's nickname. Since its musical premiere at Carnegie Hall in 1893, the symphony has become one of great symbolic value, with Neil Armstrong taking a tape recording of it with him during the Apollo 11 moon landing in 1969 - a symbolic gesture representing not only the landing on the literal new world - the moon, but perhaps also representing the success of America in winning the space race.



Upon first hearing that opening lyrical string melody, I was captivated and whilst the Symphony is brilliant in its entirety, it is the 'Largo', his second movement, in which his true ability to capture emotions in music is at its clearest. The main theme is introduced by the Cor Anglais and is accompanied by the string section. The lyrical nature combined with its repetitive sequences of mostly small intervals makes the melody one of great ease, and so enjoyable to listen to. The movement features a modulation to C sharp minor in which there is a pizzicato accompaniment in the basses, before building to an emotional climax in the third section, returning to the tonic key, which features both the theme from this movement, and aspects from the first movement's melody. The Largo concludes in a similar fashion to that of which it started with the nostalgic, simplistic melody against a chordal string accompaniment.

The main theme from the Largo was later adapted into a shorter song, featuring lyrics by Dvoark's pupil William Arms Fisher. This piece was named 'Goin' Home', and was later adopted to be a funeral hymn, with a strong folk style. The lyrics speak of acceptance and finally finding peace without fear, before returning home. When listening to this piece, I find it easy to picture the Great Plains of America that this music so clearly describes and with that comes a feeling of nostalgia and appreciation for a time we never knew.



If you find yourself with time to spare during these weeks of staying home, then Dvorak's 'Goin' Home', is the perfect piece to ground you and whilst we may not be looking at the vast open plains of America, I am sure that whatever is outside of your window could be equally as fascinating, with the right music playing!

Listen out for: Dvorak's use of orchestration to evoke emotion. He specifically chose a cor anglais to start the second movement as it reminded him of a voice, and it is accompanied by strings playing con sordino (with mute), sounding distant and ethereal.



Jasmine Margalit, Year 13

## THIS WEEK IN HISTORY:

### RELEASE OF THE ORIGINAL NINTENDO GAME BOY

Few games consoles have endured to the extent of the Nintendo Game Boy, and the release of the 'little bricklet of fun' on 21 April 1989 helped quell the boredom of adolescents around the world, who had previously suffered the worldwide obsession of the game Tetris.

When Nintendo released the console, it was considered 'cutting edge' for its battery life (it was powered by AA batteries) and its quality



construction for a very reasonable price (under £70). Although not as technically advanced as other consoles such as the Atari Lynx, the Game Boy, developed by Nintendo in Japan, became an instant hit: Following its release, over 300,000 consoles were sold in the first weeks, and 40,000 were sold on the release date in America in July 1989.

The original Game Boy had six original launch titles, including the acclaimed Super Mario Land, a side-scrolling 2D platform game. This was the first handheld Super Mario Game, which introduced us to the idea that we can take the dungaree-wearing Italian plumber with us wherever we go!

The Game Boy line of consoles went on to be an enormous commercial success, and the Game Boy and its successors such as the 'Colour' and 'Advanced' went on to sell over 200 million units worldwide. It is difficult to consider how you might enjoy playing on a console with a black-and-white screen and a choice of just six games, but the Game Boy was the first step in great innovation and development, culminating in the latest generation of consoles such as the 3DS and Nintendo Switch which many pupils take for granted in 2020!

*Mr S Neagus, Teacher of History*

## WHSB LOCKDOWN GALLERY 2020

During these difficult times, WHSB's Art students have continued to create some amazing masterpieces. The WHSB Student Gallery is being constantly updated with images and art resources and there is now a Lockdown Gallery 2020. This Virtual Gallery provides us with an opportunity to enjoy the fantastic work that is being created. Please access this alongside the Teams 'on line teaching' platform, to help inspire you.

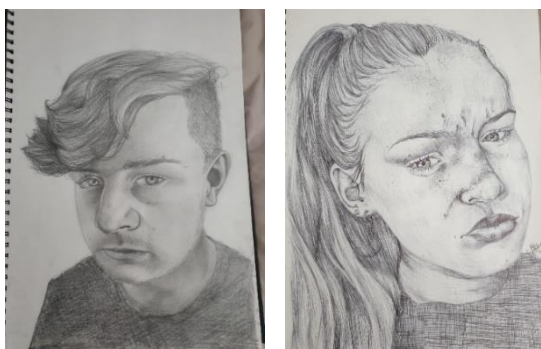
All Year groups have themes to explore; still life, portrait, surface and texture, with the older students exploring more personal pathways. Even Mr Sinnott has created some pieces!



Dominic Morris, Year 13



Lizzie Irwin, Year 13



Jim Higgins, Year 12



Casey Children-Smith Year 12



There are a number of excellent online virtual gallery tours set up by major Art galleries around the world. Why not make a virtual visit to the Tate Modern Liverpool, or the 'virtual' Beatles Museum and write an article for the next issue of The Westcliff Week?

Stay safe, and best wishes to you all.

*Mr T Sinnott, Head of Art & Sixth Form Progress Leader*

## MR DERRICK'S FILM CLUB

After exploring fantasy, science fiction and western genres, this week the Film Club will dive head first into political drama. Ron Howard's electrifying *Frost/Nixon* (2008) tells the true story of a battle of wits between an ex-president and a TV presenter that changed politics forever.



Featuring incredible performances from Frank Langella and Michael Sheen, this is a thoroughly entertaining examination of a vital period in American history, one that has unfortunate relevance today. The film is streaming on Amazon Prime.

An opportunity to vote on the club's next film will present itself this week, and members should pay close attention to the Team to make their opinion known.

The Film Club has been discussing other films and members have been organising their own impromptu watch-alongs. Staff and students (aged 15 and over) may join the group by using the code db1v6ym.

*Mr T Derrick, Director of Music*

## NEWS FROM THE MFL DEPARTMENT

In the last edition of The Westcliff Week, we

highlighted a number of excellent websites for cultural enrichment and inspiration. Here are some links to other websites that may be of interest to our keen linguists, artists and historians.

<https://petitlouvre.louvre.fr/contes/c/0>

The Louvre has a number of virtual tours, but also five animated stories related to the most visited art gallery in the world. Put the subtitles on (they are in French, but it will help and you can always pause the videos and look up words) and test your French with some of these short animations.

<https://www.museodelprado.es/recurso/juego-para-familias/1f46b69b-b8f1-5611-e6d4-acf52dca5a33>

The Museo del Prado has illustrated guides to different rooms in the museum. You can test your observational skills, widen your Spanish vocabulary and look for the original inspiration through these activities designed for younger visitors to enjoy the virtual museum during lockdown.

<https://sincopyright.com/museos-virtuales/>

This Spanish-language website provides a long list of museum websites from the Spanish-speaking world and also from a number of other countries.



Busca y encuentra a los personajes especiales que recorren la sala 12:

- Velázquez
- Un arrepentimiento
- Una menina de bronce
- Dos amorcillos
- La ilustradora del plano
- El perro de Goya y los personajes del *Jardín de las delicias*

<https://www.ddr-museum.de/en/objects>

The DDR museum in Berlin has a database with over 11,000 objects from its collection. This would be of interest to those of you interested in German history and will also broaden your vocabulary, as none of the items are listed in English.

<https://www.si.edu/spotlight/superheroes>

The Smithsonian Institute in the USA has a huge number of exhibitions and resources online, from black holes, minerals and gems, to music and history. The above link is a homage to Stan Lee but <https://www.si.edu/> will take you to the main website.

*Ms J McKeown, Head of MFL*

## COVID-19: THERE IS ONE POSITIVE OUTCOME!

As the nation is gripped in a national lockdown it is very difficult to find any positive outcome from the situation in which we find ourselves. The one thing that this nation has always managed to do is garner something positive from adversity.



On 14 April, Sport England announced that in a recent survey undertaken, new exercise habits are forming due to the national emergency. Almost two thirds of adults now consider exercise to be more important than ever.

In the survey, 63% of adults felt it was more important at this time, whilst 87% reported that they exercise to manage their health during the crisis. The general feeling appears to be that being healthy helps one fight off illnesses, and this certainly seems to be true in the current situation.

Walking is the most popular physical activity, with 59% of adults using this as their main form of exercise. Whilst 25% of people are using home workouts to keep fit. Encouragingly, a significant proportion of households are now using the exercise time for combined family activities. These activities include walking and cycling, whilst 37% of adults are joining in online fitness routines with their children.

The data suggests, however, that location, age and income are also factors which impact on the amount of exercise undertaken.

Prior to Covid-19, there was much publicity about the importance of good mental health and how exercise can help. It is encouraging to note from the recent survey that 57% of adults believe that their exercise is benefitting their mental health; the message is clear!



There is a great challenge ahead! Can the nation maintain this new found engagement with exercise? The Physical Education Department at WHSB have for many years supported all our sport activities with a good standard of general fitness. We shall, of course, continue to promote this positive aspect of sporting provision when we all return to school, and we encourage you to continue to keep fit in the meantime. Staying healthy now will provide you with the best opportunity for good physical and mental health in the future.

Exercise controls weight, combats health conditions and diseases, boosts energy and improves your brain performance. The Physical Education Department at WHSB can support pupils in reaching their fitness goals while in lockdown.

*Reference: Sport England survey into adult physical activity during Coronavirus; Savanta Comres research*

*Mr M Atkinson, Sports Coach*

## 1932 QUIZ: FROM THE SCHOOL ARCHIVES

Aiming to help their readers cope with lockdown, newspapers have recently been publishing more in the way of quizzes, puzzles and brainteasers than they usually would. The following is offered with similar intent.

In December 1932, pupils in their first and second year (Years 7 and 8) at the School sat down to a one-hour examination in General Knowledge as part of their end-of-term assessment. There were 100 questions in all, ranging across current affairs, local history, sport, literature and much else besides. The questions set reflected the assumptions made by teachers at the

time about facts an intelligent 11-13 year-old might reasonably be expected to know. Some of the questions now seem dated and obscure (For what is Sir Henry Lytton famous? Who is the captain of the MCC touring team now in Australia? Can you name one minister who resigned from the Cabinet in 1932?), but others, more than eighty years on, are still viable – though not easy.

A selection is printed below. The marks available for each question are given in brackets.



A score of more than 7 out of 20 without recourse to Wikipedia would be very respectable.

1. Who is the patron saint of (i) children, and (ii) travellers? **(2)**
2. Name in the correct order the seven colours of the rainbow. **(1)**
3. What is a bawley? **(1)**
4. What is the load line on ships called? **(1)**
5. What does the Crowstone indicate? **(1)**
6. Which of Henry VIII's wives has a connection with this district (ie south-east Essex)? **(1)**
7. Which authors created the following characters (i) Richard Hannay (ii) Jeeves (iii) Tarzan (iv) Mowgli (v) David Balfour, and (vi) Sir Percy Blakeney? **(6)**
8. What does a mixture of white lead, turpentine and boiled linseed oil make? **(1)**
9. Which Biblical prophet was made more miserable by his comforters? **(1)**
10. What is the subject-matter of works of reference issued by (i) Gibbons, and (ii) Bradshaw? **(2)**
11. Which peoples worshipped (i) Jupiter, and (ii) Isis? **(2)**
12. Who, at the end of 1932, was President-elect of the United States? **(1)**

Answers next week!

*Dr A White, Former Deputy Head, WHSB*

## KEEP CALM AND CARRY ON COOKING WITH MR MCGEE

Our thanks to Mr McGee for sharing another delicious option from his collection of easy to master lockdown recipes.

### RECIPE 4: SWEET CHILLI FISH CAKES

This dish is really versatile as it can be served with rice, chips, salad or whatever you prefer.



#### Ingredients

1 bowl of mashed potato- cold  
1 tin of salmon (tuna will do just as well)  
Breadcrumbs  
1 egg  
Chilli flakes  
Ground coriander, lemongrass (optional)  
Salt & pepper

#### Method

Combine the potato and salmon in a bowl and add the seasonings

Crack an egg and separate the yolk from the white. An easy, if messy, way to do this is to crack the egg into your hand and allow the white to run through your fingers into a bowl. Add the yolk to the fishcake mix and stir well.

Put the breadcrumbs into a bowl and form the fishcake mix into balls. Dip each ball in turn into the egg white and then coat in the breadcrumbs. Place on a plate and allow to rest in the fridge

When ready to cook, pre heat the oven to 180 degrees and turn a deep fat fryer to full. Fry the fishcakes until golden then place in the oven for 10 minutes

If you do not have a deep fat fryer you can shallow fry, turning when each side is golden.

## WESTCLIFF HIGH SCHOOL FOR BOYS SUPPORTING THE NHS

To show support and gratitude to the NHS and the local effort in response to the Covid-19 Pandemic, Westcliff High School for Boys would like to draw to the attention of our extended School Community and friends the **JustGiving** donation page for the **Southend University Hospital** (part of Mid and South Essex NHS Foundation Trust) **#helpyourhospital** Campaign.

<https://www.justgiving.com/campaign/msehelyourhospital>



Donations can be made to this fund until its closure on **31 May 2020**. All monies raised will support those NHS staff, volunteers and patients affected.

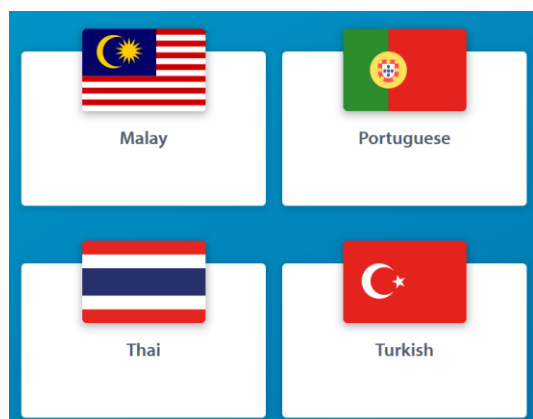
*Mrs J Clarke, Community Development Office*

## EDUCATION PERFECT: LANGUAGES CHAMPIONSHIPS

Please note that the dates of the languages competition have been changed to 14-21 May. We have free access to all the Education Perfect content until the end of May, and pupils from Years 7 to 11 have been registered. Here is how you can log on:

<https://www.educationperfect.com/app/#/>

Username: **WHSB+First Name+Surname** (e.g. **WHSBJoeSmith** - no spaces, not case-sensitive)  
Password: **First name**



Please try logging on before the competition starts so that you can become familiar with the content and ask questions about how the website works if you have any issues. There are many different languages for you to try, as well as French, German and Spanish. There is also a great deal of content for Mathematics, Science, English, History, Geography, Economics and Digital Technologies.

*Ms J McKeown, Head of MFL*

## STRING GROUP REMOTE RECORDING

All string players are invited to contribute to a remote recording of the Shostakovich Second Waltz (from the jazz suite). There is also a piano part so pianists may also submit recordings to be included.



If you want to be involved, please use the code eu9do03 on Teams. All the parts have been uploaded and there is a backing track for you to play along with. I suggest listening to this in your right ear and using your left ear to listen to yourself. Before you start, please tune using an electronic tuner. Feel free to challenge yourself and try playing different parts. Do not worry if you cannot play all the notes – we are a



team. You can record videos of as many different parts as you like. Perhaps we could end up with 100 virtual players!

If you enjoy this project we can have a go at some others. Good luck!

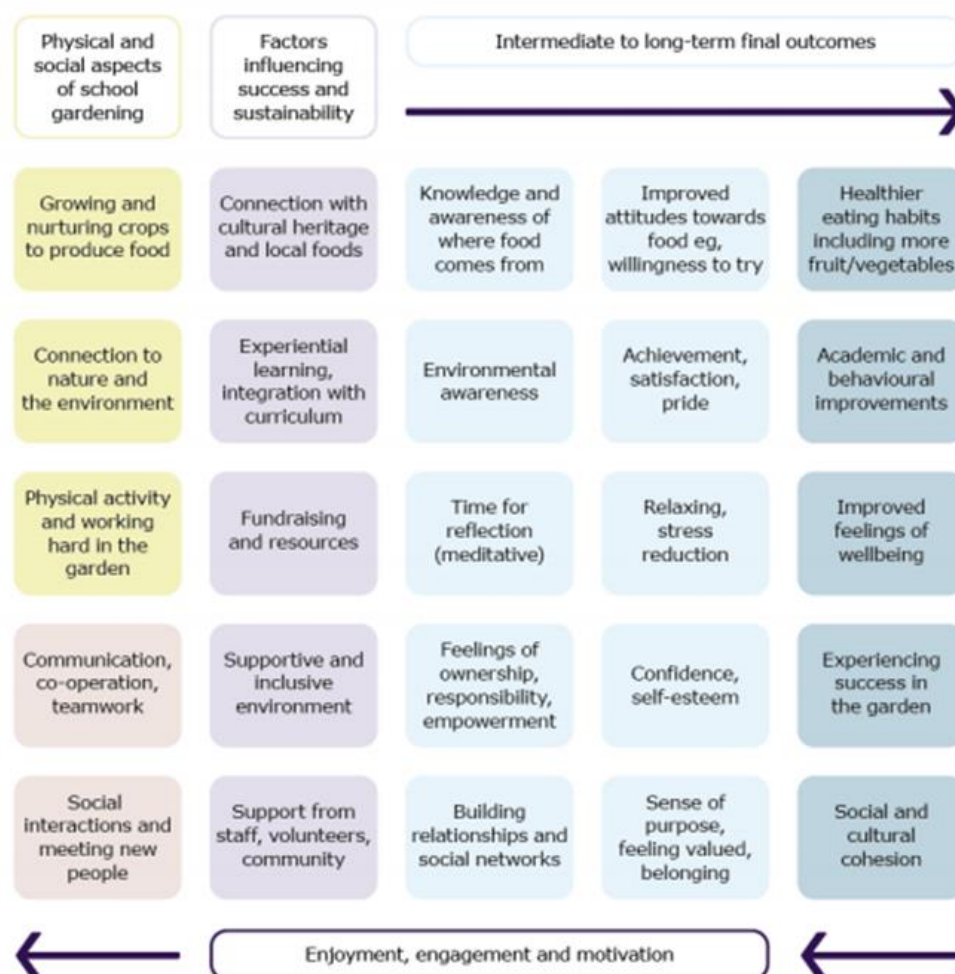
Mrs H Smith, String Group Leader

## PSHEE CENTENARY HOUSE GARDENING COMPETITION

During lockdown, it is important to keep active and I would like to take this opportunity to share the details of the House Gardening Competition which has now been launched. Spending time gardening can be rewarding, therapeutic and help with your physical and emotional wellbeing.

The King's Fund report *Gardens and Health: Implications for Policy and Practice*, was commissioned by the National Garden Scheme and published in 2016. This well written and peer-reviewed report makes numerous links between gardening and health. See below a conceptual model from this publication (page 24) derived from Ohly *et al* (2016), showing potential health and wellbeing effects of gardening. This include physical and social aspects that can have immediate and long-term benefits.

**Figure 5 Conceptual model showing potential health and wellbeing effects of school gardening**



Source: Derived from Ohly *et al* 2016



To enter this Centenary PSHEE House competition, then please e-mail me a photograph and a written description about what you have done. If you go on to link this to the Learner Profile and Centenary Year, then more House Points/Senior Commendations are available for you, awarded through the *epraise* system. Suggestions include: growing herbs or vegetables, pruning, weeding and general care and maintenance. If you have access to a garden, growing sunflowers at this time of year can also be a relatively straightforward exercise. Please ensure that you are careful in what you do and have adequate supervision from a parent or carer while doing this. The RHS (Royal Horticultural Society) have provided guidance about weeding and other simple gardening jobs:

<https://www.rhs.org.uk/advice/beginners-guide>

Alternatively, if you do not have a garden, then ideas include using a window box or growing something in the house and there is plenty of guidance online regarding window sill gardening. For example growing herbs, cress or a making a grass head. Seeds from apples, pears, oranges and lemons can easily be grown indoors and these can be found in fruit that you have in your home already. Please do not take any unnecessary journeys in order to purchase items for this challenge but use what you already have or order online for delivery.

Alternatively, you could design a Centenary garden using a piece of A4 paper and send a photograph of this to me with your written account.

The nature of this House activity means that you can submit an entry to me anytime between now and the end of academic year and still be eligible for House Points/Senior Commendations. Please keep me updated about how you are getting on and more points are available if you record what you do in a diary. The contest is also available to parents, siblings, teachers and support staff and these points will be added to the end of year House totals as well.

Please see examples below to give you inspiration. I look forward to hearing from you, and happy gardening!

*Mr R Barber, House Coordinator and PSHEE Co-Coordinator*

### Gardening Inspiration



## WHERE IN THE WORLD?



Congratulations to everyone who correctly identified last week's location as **The Lofoten Islands in Norway**. House points have been awarded to those who submitted correct answers.

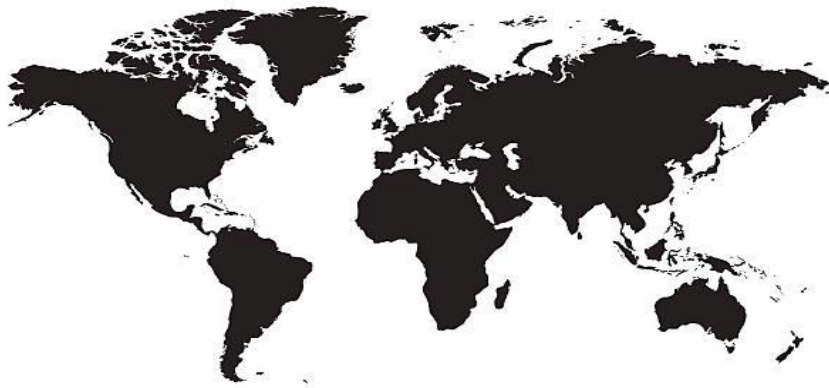
Your clues for this week's *Where in the World?* are as follows:

- This place is home to one of the biggest video game companies in the world.
- A very important year in this place's history was 1980.

Please submit your answers via this Microsoft Form by Thursday 23 April:

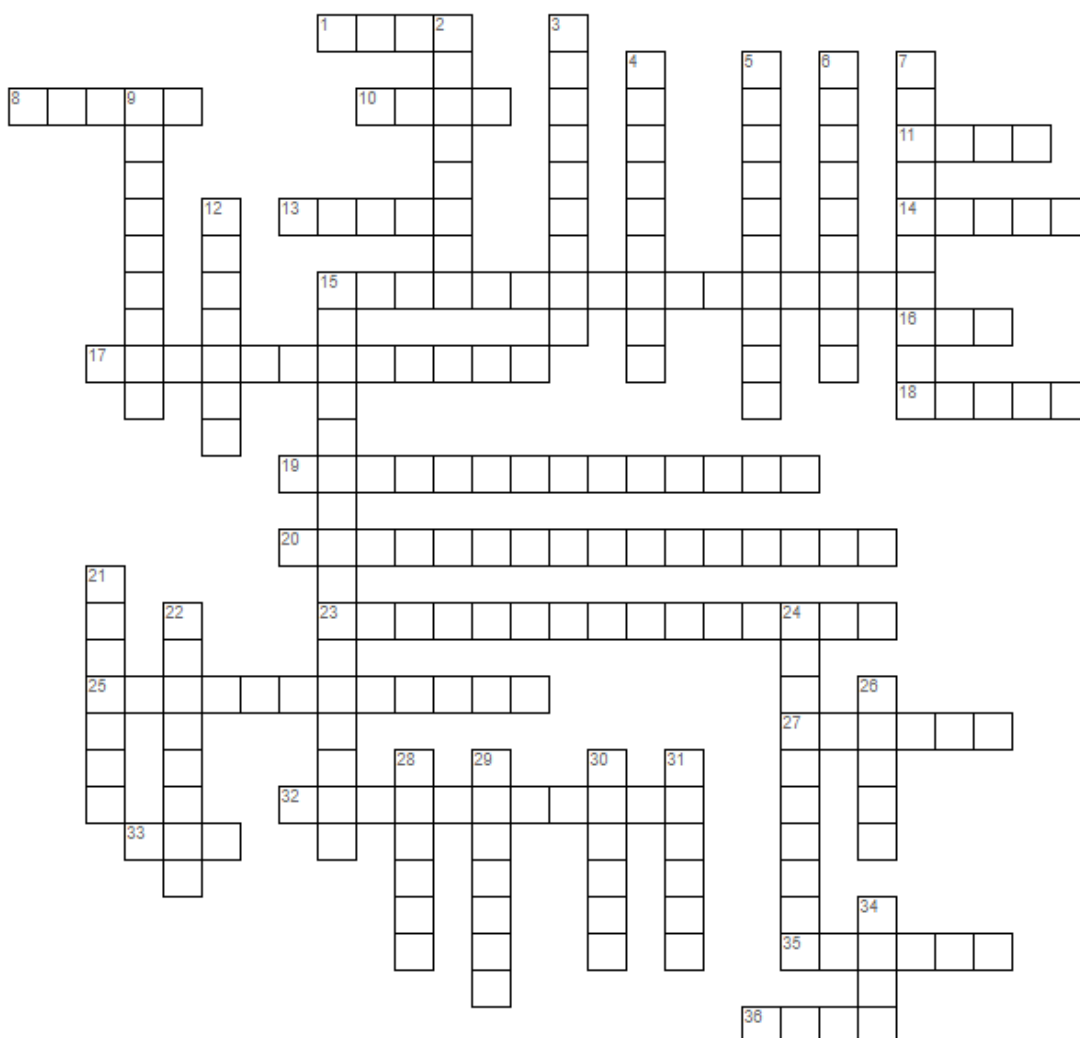
<https://forms.office.com/Pages/ResponsePage.aspx?id=N6W6gucuok-3-qnXxLzq5cGrPANzzsFDiqmfUFjxEshUQUdFQ05MR1U2NENCWlpKNk40Q0hLSE8zOC4u>

Mr L Norman, Teacher of Geography



# MR JEFFREYS' HISTORY CROSSWORD 4

Answers next week!



## Across

- 1 First recorded game in 1457 although Chinese equivalent chuiwan-chui dates to 945 (4)
- 8 The first was 'QWERTYUIOP' sent in 1971 (5)
- 10 First mapped by Hevelius in 1647 but not visited for another 300 years (4)
- 11 Economic device first produced in 687BC in Lydia, Turkey (4)
- 13 Artform first seen in England in The Siege of Rhodes (5)
- 14 Writing aid first developed in 105AD by Ts'ai Lun in China (5)
- 15 The Father of Radio (9,7)
- 16 Nye Bevan, 1948 (3)
- 17 First British daily newspaper, first published in 1702 (5,7)
- 18 Vladimir Ilyich Ulyanov (5)
- 19 The Woman in White (1860) launched this book type (9,5)
- 20 British Xylonite research chemist who developed Lyons ice cream with snatched milk? (8,8)
- 23 The first of the King's (10,5)
- 25 First built indoors in 1862 by someone a bit dippy? (8,4)
- 27 The River Thames saw its first in 1500BC at Vauxhall (6)
- 32 Communication device first used by Chicago cops in the 1930s to fight Prohibition (6,5)
- 33 Writing aid first made by the Chinese in 3,000BC from soot and oil (3)
- 35 Musical device invented by Guido d'Arezzo in 11th century (6)
- 36 English city where first hospital was built in 936AD (4)

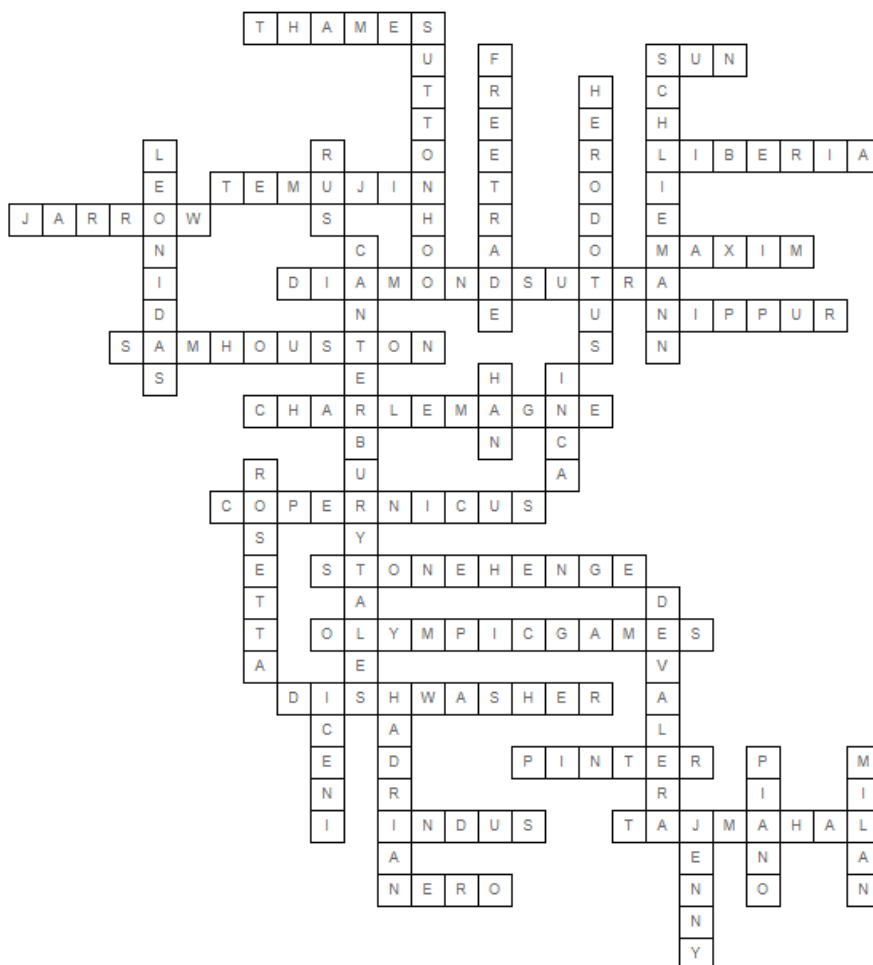
## Down

- 2 Game originating from Chinese Cuju, its rules from 1848 and its cup from 1871 (8)
- 3 Three calibrated and interlocking strips designed by Oughtred, 1621 (5,4)
- 4 The first written language (9)
- 5 Inventor of the algorithm and the first electronic brain (4, 6)
- 6 Centre of entertainment industry that opened with Nestor in 1911 (9)
- 7 Sporting event first broadcast in 1938 (Preston beat Huddersfield) (1,1,3,5)
- 9 Economic device used in Britain since 1799 (6,3)
- 12 City with the earliest castle wall, built 1600BC (7)
- 15 Tobacco farmer who fought in the British Army at Fort Duquesne (6,10)
- 21 The first actor, darling (7)
- 22 Artform with earliest cave version found in Alta Mira and the Arnhem Land Peninsular (8)
- 24 Group of insects first owned by Johnny and the Moondogs? (3,7)
- 26 Raffaele Esposito invented this because he kneaded the dough? (5)
- 28 Instrument invented by Andrea Amati for the Medici family (6)
- 29 Oldest surviving Anglo-Saxon epic poem (7)
- 30 The sport of James Corbett, Jack Johnson and the Marquess of Queensbury (6)
- 31 Writing device first machine-made in Birmingham in 1828 (3,3)
- 34 Economic device from Babylon (3000BC), England (1694) and America (1782) (4)



## ANSWERS TO HISTORY CROSSWORD 3 (WEEK BEGINNING 13 APRIL 2020)

Congratulations to Rafi Gamma in Year 8 for last week's winning entry.



## MR MCGEE'S ALBUM OF THE WEEK

Come on Over

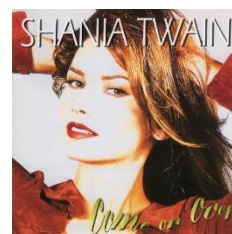
Shania Twain, 1997

This week I am taking you back to 1997. What a year that was! Four more years for President Clinton, the Labour 'redwash' in the general election, and the devolution of Wales dominated the political scene. The death of Princess Diana shook the British establishment to its core and the movie *Titanic* became the highest grossing movie of all time.

Musically, the year was superb. Overall, this was a decade in which scores of genres existed side by side, sharing airtime and chart positions, and 1997 was no

exception. Punk, Pop, R&B and even Country music all held the limelight in their turn, and this week's album falls into the *Country* category.

Shania Twain's *Come on Over* was an international success. The album remained in the charts for the next two years, going on to sell 40 million copies worldwide, making it the biggest-selling album of all time by a female musician. Shania Twain continued to break international boundaries for country music and female crossover artists. *Come on Over* is also the eighth biggest-selling album by any artist (across all genres) in the US and the top selling country album in history. Songs from the album won four Grammy Awards





during this time, including Best Country Song and Best Female Country Performance (for 'You're Still the One' and 'Man! I Feel Like a Woman!') for Twain.

The album falls into that fabled category of 'all killer no filler'. From the opening 'Man, I feel Like A Woman' to 'You've Got A Way', I consider this to be 60 minutes the finest pop one could wish for. The country element is always present; slide guitar, close harmonies and more American twang than a guitar museum, but it is corralled within the conventions of the 1990's pop. There are driving riffs, highly memorable chorus' and consistently well-crafted progressions. John 'Mutt' Lang, Twain's then husband, is a master song writer and he is at his best here. His discography as a producer is outstanding and his ear for a tune is second to none.

If you would normally run a mile at the thought of listening to this type of music then I urge you to give it a try. I might have thought the same at the time. For

a teenager whose record collection then consisted mainly of Punk and 1990's Electronica, listening to Shania Twain perhaps seemed inconceivable. But I did listen, and I was hooked.

Start with 'That Don't Impress Me much'; if you need convincing, then try 'Black Eyes Blue Tears,' a powerful rail against toxic relationships. 'You're Still the One' is an archetypal love song put together flawlessly and 'Don't Be Stupid' is the high point of the country / pop collaboration.

There is a powerful message running through this album, similar to the 'Girl Power' movement in the UK but executed, in my opinion, with greater sophistication. Enjoy!

*Mr A McGee, Director of Sixth Form*

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## LEARNER PROFILE: LIFELONG LEARNING

I am sure that we are all familiar with the folk wisdom that nobody is perfect. Well, like most folk wisdom that has stood the test of time - this is true. In general, the students at our School tend to have experienced a great deal of success in life, particularly academic success. This can make some of them fearful of making a mistake. However, if the quest to always be correct or perfect promotes risk aversion in a student then that student will never fully develop the capacity to think for himself or herself.

The fact is that making mistakes, although uncomfortable and disappointing, can create valuable learning experiences and is important for lifelong learning. Experiencing failure does not mean one is diminished, but rather that one is not perfect. A failure is not a reason to quit, but rather it is an opportunity to learn and progress. I believe that when we fail, it is a signal that we must try harder. Just because we have got it wrong on one occasion does not mean we will never achieve the right result or answer; it merely means that it is likely to take a little longer.

The greatest teacher in life is experience and we need to accept that our experiences will not always be positive. Nevertheless, we can learn from our failures if we have the courage to do so. Just like a child learning to ride a bike, or a toddler learn to walk. They stumble and fall numerous times before getting it right. It takes failure after failure to create success and a person who makes no mistakes is unlikely to create anything at all.

We must accept that we will make honest mistakes from time to time, and we need to have the courage to move out of our comfort zone. This is never an easy thing to do. The willingness to take risks and the skill to make intelligent judgements between risk and irresponsibility will, to a large degree, determine the level of achievement that we will attain. It has been wisely noted that the biggest risk is not the possibility of failing, it is not trying. I leave you with the words of Pope John XX111.

"Consult not your fears, but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do."



*Headmaster*

# THE WEEK AHEAD

## WEEK BEGINNING 20 APRIL 2020

Please see inside The Westcliff Week for details of further activities.

Day	Date	Time	Activity
Monday - Sunday	20 – 26 April	N/A	Articles for The Westcliff Diary (summer term) Deadline 24 April (see Page 1 & issue 3)
Monday - Sunday	20 – 26 April	N/A	WHSB Lockdown Gallery 2020 (see page 3 for details)
Monday – Sunday	20 – 26 April	N/A	House Camping and Easter Card Competitions (see issue 3 for details)
Monday - Sunday	20 – 26 April	N/A	Online Theatre events available (details in issues 2 & 3)
Monday – Sunday	20 – 26 April	N/A	Music Theory Tuition – YouTube ‘itchy2learn’ (details in issue 3)
Monday - Sunday	20 – 26 April	N/A	Education Perfect Website familiarisation (Languages Competition 14-21 May, page 7)
Monday - Sunday	20 – 26 April	N/A	PSHEE Centenary House Gardening Competition (pages 8 & 9)
Monday - Friday	20 – 24 April	N/A	Wargaming Team: Bloodbowl League
Monday - Friday	20 – 24 April	N/A	String Group remote recording (page 7)
Monday – Friday	20 - 24 April	N/A	P.E. with Joe
Monday – Friday	20 – 24 April	N/A	Mr Jeffreys’ History Crossword competition (see page 11)
Monday – Friday	20 – 24 April	N/A	Rosetta Stone – sign up for Language Learners (see issue 3 for details)
Monday - Friday	20 - 24 April	8.45am	Hallway Gym Class with Mr Moore (Form 9S)
Tuesday	21 April	4.00pm	Westcliff Drama Online
Wednesday	22 April	1.00pm	Weekly Watch with Miss Williams
Wednesday	22 April	1.00pm	MOxbridge English (Sixth Form)
Wednesday	22 April	4.00pm	Bibliophiles Book Club (Middle School, Sixth Form and staff)
Thursday	23 April	7.30pm	Mr Derrick’s Film Club ‘Watch-along’
Thursday	23 April	N/A	Deadline for responses to this week’s <i>Where in the World?</i> (see page 10)
Saturday	25 April	N/A	House Golf Challenge – deadline 25 April (see issue 3 for details)

### University Preparation for Physics, Engineering and Mathematics

Approximately fifteen Year 13 students have already joined an online WHSB society to help them prepare for their University studies. Sixth Form students (or enterprising Year 11s) wishing to try this out should join the team using code **6gaeuc5**, or send a message to Dr Machacek.



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