

COPLESTON news



Issue 2: Spring 2024



At the end of a very busy and successful term, our latest edition of Copleston News is a chance to reflect on all the fantastic opportunities and experiences our students have been involved in. Our recent Ofsted inspection endorsed our view that we offer a "wide range of visits and experiences" to "enhance pupils'

learning outside the classroom" and you can read about some of these on the next few pages, including very successful overseas visits to Spain and Italy, a Dance Convention, an enrichment experience at Clip 'n Climb, subject field work and several university visits and talks. Our successful school production of Beauty and the Beast was a great collaborative experience and demonstrated the talent we have within our student body. We had so many positive comments from those who saw the show.

Throughout the newsletter, you can read student quotes in which they speak of their enthusiasm for their school and how much they enjoy being a part of life at Copleston. Our Ofsted report was also very positive towards the attitudes and behaviour of our students. We continue to have high expectations, and they are responding brilliantly to our focus this term on politeness and courtesy, and on developing high quality oracy using SHAPE and STEPS. We are very proud of all our students, and it is a real privilege to be involved in giving out Principal's awards on Fridays to students who have demonstrated our core values or who show consistently high academic achievement.

We have much to look forward to in the summer term, with our inclusive sports day which is always a highlight of our summer calendar, Year 10 work experience and a number of planned trips, visits and field work. It is also a very important term for our Year 11 and Year 13 students, as they approach their final exams and the culmination of the hard work and dedication they have shown throughout their courses. We have a busy programme of holiday sessions, followed by intensive revision in the first few weeks of the summer term. We wish all our students every success in their exams and will continue to support them throughout the exams period and beyond.

Finally, I would like to wish all students, staff and their families a very happy and restful Easter holiday and to thank you for your continued support.

With very best wishes,

Mr Green



INTRODUCING 'SHAPE' AND 'STEPS'

Over the last term, we have placed a strong emphasis on politeness and confidence, using the acronyms, SHAPE and STEPS.

STEPS reminds our students to always demonstrate politeness when speaking to one another and when addressing staff. A member of staff stands at every entry point to the school so that every student receives at least one personal "good morning" on their way into school. Staff who are on duty have remarked on what a positive experience this is, with students now going beyond a simple "good morning", by adding a smile, eye contact and an extra comment such as "have a great day, Miss/Sir". We also encourage students to thank their teachers at the end of a lesson and to remember to thank other staff who help them throughout the day. This is now becoming routine for our students and has had a very positive effect throughout the school. The purpose of this is not solely to encourage politeness, but also to develop our students' confidence and sense of belonging, and to help them develop the social skills needed to be successful in the workplace and in society.

Students at Copleston always aim to take the right

STEPS

in life

- S**ir or Miss. Address all adults in this manner or end each reply in this way. The Copleston Full Stop.
- T**hank anyone who does anything for you by clearly saying 'Thank You'
- E**ye Contact - with any person you interact with
- P**lease. Use this word when you request anything either at the start or end of the sentence
- S**mile. A positive facial expression, tone of voice and body language leads to more positive outcomes

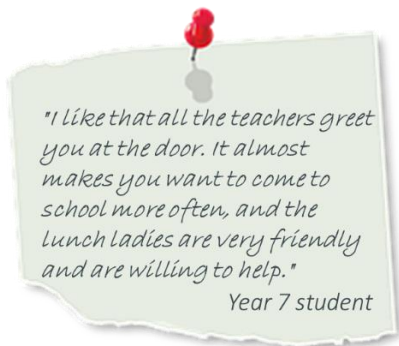
Respectful

Resilient

Aspirational

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Resourceful



"I like that all the teachers greet you at the door. It almost makes you want to come to school more often, and the lunch ladies are very friendly and are willing to help."
Year 7 student



YEAR GROUP UPDATES

Alongside this, we are encouraging students to **SHAPE** their answers in lessons. This involves students responding confidently when asked a question in lessons, developing their oracy skills and their confidence to speak out in public. The simple guidelines of **SHAPE** are enabling even our quieter students to have the confidence to take a full role in class discussions and questioning.

Students at Copleston always provide the right **SHAPE** to their responses

- S**peak in full sentences when responding to a question or building upon the response of another student
- H**ave your hands away from your mouths when talking
- A**rticulate your speech instead of mumbling. Your teachers will ask you to say it again
- P**roject your voices to be heard by others. It is polite to ensure that others can hear you
- E**ye contact is utilised to address the person you are talking to

This has been a short but busy term for all our students and our Leaders of Learning are very proud of how well our students approach the new challenges or experiences that each year brings.

Year 7 are now in their second term at Copleston and are continuing to develop in confidence and to enjoy life at secondary school. Their positivity is infectious, and they have adapted superbly to the new rules and routines of secondary school and are fully involved in the many clubs and extra-curricular activities.

Year 8 have shown a very mature approach to the Pathways Programme and are excited about making their KS4 choices. They have been working through a structured programme of activities in their BASE booklets with their form tutors and appreciated the advice given by Year 11 students who visited their forms. They have also had assemblies and talks to help them make informed decisions.

Year 9 students are now fully settled into their GCSE courses and are showing hard work and dedication to their chosen options subjects. Many students are actively working towards their D of E award and are showing excellent commitment inside and outside of school in this.

Year 10 have been applying for Work Experience placements which will give them a fantastic opportunity to experience the world of work and to potentially gain an insight into the types of careers available to them. Many of them have also been involved in Student Leader and Prefect interviews and those carrying these out have been incredibly impressed by the maturity shown by the student and the ideas they have put forward for the role.

Year 11 have been incredibly busy, with Sixth Form taster sessions followed by applications and interviews. Their attendance at exam skills sessions after school has been excellent and they really value these sessions. They also worked incredibly hard towards their recent mock exams. They attended holiday revision sessions during half term and are looking forward to the support and guidance they will gain from further sessions during the Easter break.

Sixth Form students have had mock exams in both Year 12 and Year 13. Team Six have been involved in a number of activities and our Year 13 students have been finalising their UCAS applications and attending interviews. We also welcomed many students from other schools to attend Sixth Form interviews alongside our Year 11 students. You can read a more detailed update later in this newsletter.

GOLDEN TICKETS & SACHEL BADGES

Since half term, teachers are awarding an average of one Golden Ticket each lesson. Every lesson is a fresh start and ALL students have the opportunity to be awarded a golden ticket. Students have been so proud to be awarded these and have been excited to share their achievements with their other teachers, LoLs and duty staff. At the end of each lesson, staff take time to announce the students who have been awarded Satchel badges, and then give the reason for the Golden Ticket. Students are very encouraging of the winner and enjoy celebrating with their peers. Awarding Principals Awards on Fridays is a highlight for our Leadership Team, and we continue to celebrate these via social media.



CLIP 'N CLIMB

Selected Year 9 and 10 students made a trip to "Clip 'N Climb" for an hour session at the activity centre in Ipswich as part of their Duke of Edinburgh Award to challenge themselves beyond what they believed they could do. The trip was part of the discovery and inclusion project run by Suffolk Schools Games Coordinator. Students enjoyed the experience and were great ambassadors for the school in both their behaviour and in the way they approached the activity.



WORLD BOOK DAY 2024

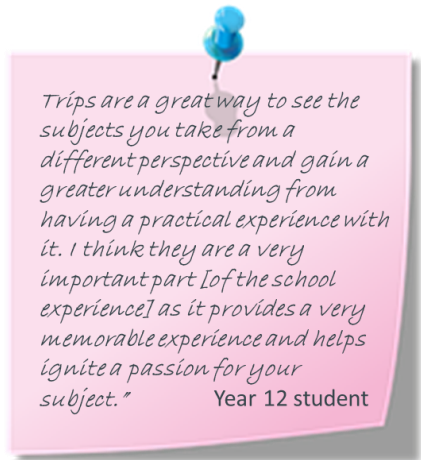
Reading and a love of books is encouraged at every opportunity at Copleston, with a dedicated tutor time for silent reading each week. Each half term in The BASE (our tutor time programme) we have a week called "What Are You Reading?" in which students have a whole week of reading and a space in their BASE booklets to reflect on their current book. This is also an opportunity to discuss their books with their teachers and to share their love of reading. Students read regularly in English lessons, and our Copleston Culture lessons use a shared reading experience to enhance students' understanding of equality, diversity and other key social issues. Many of our students make use of the Learning Resource Centre at break and lunchtimes and it is not unusual for some of our students to find a quiet spot outside to sit and read during social times.

World Book Day was a chance for us to celebrate our enthusiasm for reading. Students were encouraged to bring along their favourite books to talk about in tutor time, and many tutors also shared the books they loved when they were younger – and perhaps still enjoy today! Our LRC was also busy at lunchtime with book-themed games, puzzles and activities, and students also experienced a World Book Day PowerPoint/Assembly delivered by their tutors during the week. Some Year 7 and 8 students also took part in a book-themed murder mystery.



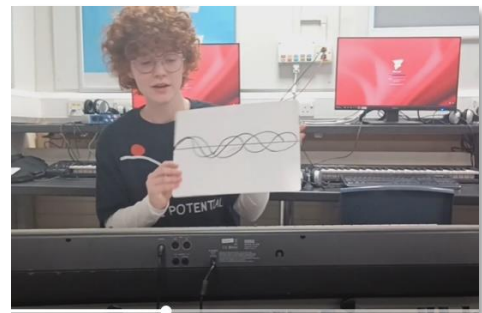
PSYCHOLOGY EXPERIENCE

The Psychology department took a small group of students to the psychology labs at the University of Suffolk to gain first-hand experience of using different pieces of equipment to study aspects of human behaviour. They were able to use muse headsets, kasina glasses, biofeedback techniques, eye tracking equipment as well as finding out about how EEGs are used to study the brainwaves of humans under different conditions.



SCIENCE IN ACTION

Erin, who is studying Physics in Year 12, has submitted an entry for the 'What lights up your love of physics?' competition run by the Physics department of the University of Oxford. Erin produced a short video on the links between the study of waves in Physics and the use of waves in Music. Erin was assisted by a Year 10 student who has a similar interest in science and music. We wait to hear whether she has been successful but we know that she enjoyed the experience.



All year groups have taken advantage of British Science Week to spend some time thinking about STEM based careers that link with the topics they are studying. In the summer term, Year 7 and Year 8 students will be carrying out activities that link with the use of science in industry and research.

STUDENT COUNCIL

The School Council have been actively planning their next charity event and will be holding a selection of Easter competitions and a raffle during the last two weeks of term to raise money for Cancer Support Suffolk. Students should look out for posters around the school and can get involved during registrations and breaks!

"The community at Copleston makes it a really special place, all the staff are so supportive and the school provides lots of opportunities that allow you to get closer to your peers."

Year 12 student

PANATHLON - SWIMMING LEADERS

Copleston Swimming Leaders assisted with the running of the local Panathlon Inter-school Secondary & Primary Swimming competitions at Crown Pools. They helped in a number of ways: timekeeping, scoring, collating results, demonstrating races, organising swimmers for races, managing the races, swimming alongside the students with swimming aids, giving constant motivation, support and praise – giving high fives, cheering their swimmers on and chatting to the swimmers to make the feel at ease. Mrs Winterburn says *"The leaders were superstar role models and showed real maturity and compassion throughout. They did themselves proud."*



FIRST AID TRAINING

In January, eleven DiSE Academy Basketball students completed a first aid course as part of their Diploma in Sporting Excellence. In addition to being a key part of their course, the skills they learnt on the course will give them the confidence to handle many different first aid situations.



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DUKE OF EDINBURGH'S AWARD

Our Duke of Edinburgh's Award scheme continues to go from strength to strength, with students working towards all levels of the award. Year 10 and 11 took part in Duke of Edinburgh Silver Expedition Training on 16th March and with do their Practise Expedition on 30th March to 1st April. Year 9 and 10 have attended Bowling and Climbing Trips. Year 11 have completed their Level 1 and Level 2 Food Hygiene Certificates.

GEOGRAPHY FIELD WORK

There were beautiful blue skies but some very chilly weather for our Year 13 Geography students as they completed field work in Southwold, Dunwich and Thorpeness in early January.



STUDENT LEADERS

As the current Year 11 Student Leaders and Prefects near the end of their year, Mrs Crane would like to say a big "Thank you" to them for the example that they have set to the rest of the school and the commitment they have shown in helping at various school events. The interviews for the new Year 10 Student Leaders and Prefects have taken place, and they will be taking up their roles from Easter.

"I am a prefect..., which I have had a lot of fun doing when it comes to managing student leaders, attending events and helping younger students. Being a prefect involves being responsible, reliable and hardworking which would be perfect for anyone who is confident. The best thing about being a prefect is wearing a special jumper with your name on it!"

Year 11 student

DANCE EVENT

Dancers from all year groups attended the world's biggest dance convention at London Excel Arena in March. There were classes for them to participate in, performances to watch and many colleges to enquire at if they are interested in pursuing a career in dance.



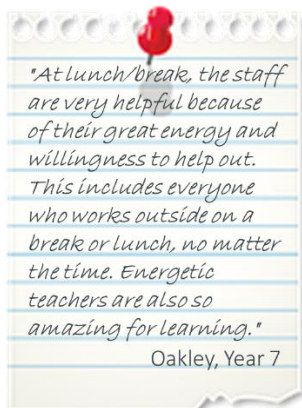
UNDER 12 BASKETBALL

Our U12 basketball girls played Northgate in the Ipswich schools final in February and we are delighted to say that they were the winners! Our U12 boys were also in action and were runners up in the South Suffolk competition. A huge well done to both teams!



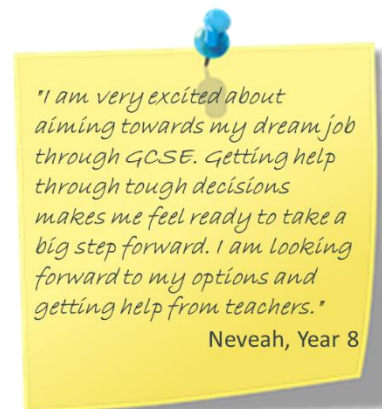
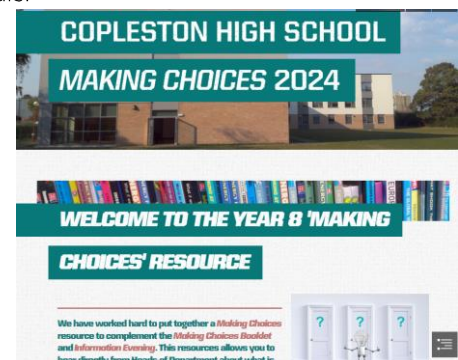
LUNCHTIME IMPROVEMENTS

We have been making some small but hugely positive changes to the Canteen/Diner area over the last term. We have focused our attention on ensuring no mobile phones are out and it has been fantastic to see a large number of students dining in the hall talking to their friends. A revamp of the doors and the new Courtyard seating area have begun and we are really looking forward to having this as an addition in preparation of the nice weather arriving! A new queuing system is in operation and it has made a big impact on the orderly fashion students come and get their food. We really hope these small changes have made a big difference. Students have been fantastic and adapted well - We look forward to making even more changes for the better to improve the communal areas for our students.



PATHWAYS

We held a very well-attended Pathways evening in March to share details of the Pathways programme with parents and carers of our Year 8 students. Students have been engaged in a programme of activities to help them understand the compulsory subjects and the choices available to them. This has involved assemblies, input from Year 11 students, subject videos, a comprehensive online resource to work through in their own time, and activities in their BASE booklets, guided by form tutors, to help them consider their strengths and future goals.



UNDER 13 BOYS HANDBALL

Our U13 boys played superbly in the Suffolk handball competition in February and after a very strong performance, were runners up by just one point! What a superb achievement!



I ASPIRE UPDATES

Students have been progressing well with their "I Aspire" challenges, and students have been very motivated to work through the challenges and achieve their badges and awards.

Here is a reminder of the 10 challenges:

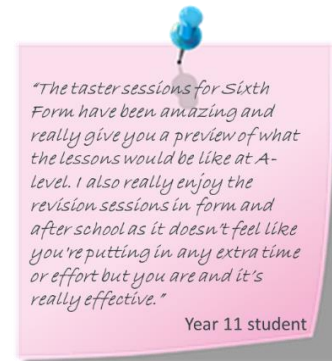
1. Volunteer and help out at three school events such as open evenings, information evenings, primary school sports days etc.
2. Organise and oversee a school community project, such as a litter picking programme.
3. Create and support the presentation of assemblies on a key theme.
4. Organise a student group or club (with teacher support)
5. Show compassion through an act of kindness to someone within the school or the wider community.
6. Aspire to have an attendance which is over 97% for a whole term and to have no negative behaviour points.
7. Take part in three extracurricular "meaningful encounters" with further education establishments or employers.
8. Plan, and organise a fundraising event at Copleston High School
9. Take part in either a music/drama production, sporting event or academic event (in school or out)
10. Be actively involved in mentoring or supporting other students within Copleston High School or the local community.

Three challenges are needed for a **bronze** award, 5 for **silver**, 7 for **gold** and all 10 for **platinum**.



REVISION AND EXAM PREPARATION

Year 11 and Year 13 students are approaching their end of course exams and we also have other year groups due to sit mock exams and end of year assessments. We provide our students with a huge amount of support which goes above and beyond what might be offered elsewhere. If your child is struggling with how to get started on revision, we would encourage them to speak to their form tutor, Lol or subject teachers as soon as possible for further personalised support.



Resources and support we offer for **GCSE students** include:

- Daily structured "period 6" exam skills sessions after school for all Year 11 students across their subjects, offered voluntarily by dedicated teaching staff, many of whom have direct experience of exam marking. This level of tuition would be expensive to obtain privately but is offered free of charge to all students.
- Extended holiday revision sessions to complement the independent revision students are doing.
- Knowledge organisers provided to every student throughout GCSE.
- Revision guides and additional resources provided to students at no cost
- Unlimited blank flashcards and other revision materials available to students
- Assemblies and tutor time sessions to actively teach students how to revise
- Small-group and individual progress interviews with senior staff in Year 11
- Subject intervention forms to give students a daily boost in their weaker subjects
- Structured revision in subject lessons as exams approach
- Revision skills covered in The BASE (tutor time) in Years 7-10.
- Motivation and revision skills sessions delivered by external providers.
- Pre-exam breakfast/lunchtime revision to settle nerves before each exam.
- Online revision/practice platform subscriptions provided for several subjects.

Additional resources we offer **A level students** include:

- Subscription to Ulearn, an online platform used by many of the most successful schools to ensure student success.
- Lunchtime and after school revision sessions
- A guided programme to teach study skills and revision techniques in The APEX (tutor time) and Enrichment lessons
- Exam board revision conferences or seminars provided in some subjects
- Additional talks from external providers to support with exam skills
- Comprehensive course handbooks and bespoke resources written by experienced subject teachers.

BEAUTY AND THE BEAST

Our Drama department once again produced an incredible school musical production. The standard of these is always so high, that it is easy to forget just how much work goes on behind the scenes to make this happen, with extensive rehearsals for the actors, dancers and musicians, costume and set design, significant administration and the work needed both front of house and behind the scenes before and during the performance. A huge well done to all who were involved, and thank you to parents and carers who supported us and who came to watch the show.



SPANISH EXCHANGE

Year 11 students made memories to last a lifetime on their Spanish Exchange visit. Their stay included a visit to a Spanish school in Malaga with the opportunity to meet and have question and answer sessions with students to compare life in the UK with life in Spain for teenagers. Our students loved this experience and exchanged contact details with their Spanish peers. They also visited Alhambra, Ronda and Torremolinos.



EASTER TREATS!

Our fabulous canteen staff put a smile on the faces of staff and students this week with some beautiful spring and Easter-themed cakes. We all agree that they looked and tasted amazing! Thank you to everybody who helped to bake and decorate them!



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ITALIAN EXPERIENCE

Our Sixth Form Italy adventurers have just returned from a very successful trip with incredible scenery, beautiful weather and unforgettable experiences. They scaled the heights of Vesuvius to look down into its crater, with some amazing views of Naples. They visited both Herculaneum and Pompeii to witness the destructive potential of the volcano. They also spent a day travelling along the stunning Amalfi Coast and visited a traditional Italian gelaterie. Students represented the school superbly and made some fantastic memories!



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SIXTH FORM NEWS



Our Sixth Form continues to be a vibrant and focused hub of learning within the school. Our Year 13 students have completed their last formal mock exams prior to the summer examinations, and our Year 12 students are reflecting on their first mock exam experience in January.

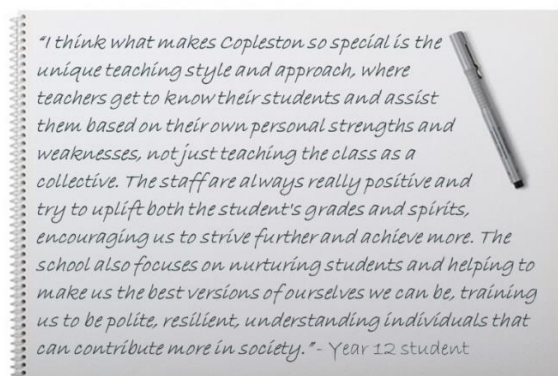
With little over two months to go until the summer exams, we regularly see groups of students in our study areas until after 5.30pm each day, using classrooms to quiz each other and revise. The feedback gained from recent mock exams will be vital to students and their understanding of how to improve over the next 60-90 days. As ever, our team of Subject Leaders and teachers are working diligently to support our students in achieving their highest potential, with many subjects offering weekly additional revision sessions, and sessions over the upcoming Easter holidays.

Over 100 students have completed their UCAS applications and are now receiving offers for university places. Many of these are at Oxbridge and Russell Group universities.

Year 12 have had a fantastic start to their Sixth Form journey. January's mock exams are the first checkpoint: the first of four formal examinations over their time at Sixth Form. Some students have already demonstrated their potential to achieve superb results – a testament to their hard work so far this year. The key message from the Sixth Form team is that it is a marathon, not a sprint! On 8th March, ten Year 12 students visited Chigwell School and attended a lecture by Professor Alice Roberts. We hope that this will be the start of a long-term collaboration between Copleston and Chigwell School.

We also had the pleasure of welcoming prospective new Sixth Form students for interviews held in March, carried out by our leadership team and subject leaders. Their feedback was overwhelmingly positive. Students conducted themselves with professionalism, asking thoughtful questions and demonstrating ambition for their futures. We're looking forward to welcoming them back for our Sixth Form Induction Day and BBQ! We also wish them the very best for their exams this summer!

Finally, we are in the process of submitting a bid to access funding to run international global citizenship trips. This fund will hopefully allow us to run several trips for groups of 10-15 students to visit places such as Panama, Tanzania, South Korea and others. This is an extremely exciting opportunity we hope to be able to offer Sixth Form students in 2024-25 and beyond. Watch this space!



BASKETBALL ACADEMY



The Sixth Form Basketball Academy continues to go from strength to strength, with another season of success stories that demonstrate the incredible programme we have here at Copleston.

So far, the 2023/2024 has seen three of our student athletes accept scholarship offers to spend the next four years playing in America, studying at some of the highest profile Universities in the U.S.

In addition to the three players setting off to the States this summer, no less than seven academy players have been called up to the Great Britain squads at various age groups, in preparation for the European Championships this summer, a huge achievement for all involved.

In terms of the success on the court, our academy teams play in the Elite Academy Basketball Leagues, which are the top level of basketball in the UK. Our boys team finished their season three weeks ago, finishing in sixth place in the South of England league, just missing out on the National Playoffs. Our girls completed the regular season undefeated, winning the South of England Conference. At the time of writing, the girls have just won comprehensively at home against Oaklands college from Hertfordshire in the National Playoff semi-final. This is a huge achievement for our girls' team, and they are now preparing for the National Final in Manchester on the final Wednesday of term.

Our academy players all also play for Ipswich Basketball Club at the weekends. The nature of the academy system in the UK is that Academies have to have a link with a top tier National League Club. Back in January, the Ipswich Senior Women won the National Cup, with a team made up entirely of current and former Copleston student athletes. This weekend, the team completed the league and cup double with a win over Bristol, in front of a packed out Copleston Sports Centre.

The academy is a huge part of Copleston High School and Sixth Form, and the success that we are currently enjoying is a product of the hard work of so many individuals. Without the commitment of the students, staff, parents and support staff, none of this would be happening.



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OFSTED

We were incredibly pleased with the feedback given by the inspectors following our Ofsted inspection at the end of last term. This was a two-day section 8, 'ungraded' inspection which took place on the 6th and 7th of December 2023. The purpose of an 'ungraded' inspection is to gauge whether a school continues to be 'good', as indicated in our previous report in January 2018, or to ascertain whether there is evidence to suggest a school is above or below its original grading. His Majesty's Inspectors found that Copleston High School continues to be a good school.

Here are just three quotes made by the Lead Inspector in her report. You can read the full report on the Ofsted website.

"Pupils reflect the inclusive ethos of the school in 'achieving success together'. They work well collaboratively, listening and learning from one another. Pupils behaviour is exemplary in and out of lessons, with pupils showing mutual respect to their peers and adults alike. As a result of the calm culture created by leaders, pupils feel safe in school."

"Pupils have highly positive attitudes to learning. They behave very well in lessons. Pupils conduct themselves well around school. The school has high expectations of attendance for all."

"Teachers expertly adapt lessons for pupils who need more help. This results in a highly inclusive culture where pupils develop confidence in working independently."



A ROUND-UP OF OTHER EVENTS

Our Future Fridays events continue to be well-attended, with visitors from the world of business speaking to students about their careers pathways.

Students recently had a very enjoyable trip to watch Women in Black at the Ipswich Regent.

Year 12 students will visit Essex University for a Philosophy taster day in the last week of term.

Students studying Economics or Politics will attend an Exploring Economics, Politics and International Relations at Essex University in the final week of term.

They will have an opportunity to engage in sessions such as 'Who is powerful, the US President or the UK Prime Minister?' with professors in their field.

Students from the Business A level course will attend a Business Taster Day at Essex University. They will spend the day at Essex Business School, located in the university, participating in sessions on Marketing, Accounting and Business start-ups.

The summer term is always a very busy one, with external exams for our Year 13 and Year 11 students, and mock exams and assessments for other year groups.

We also have a number of trips and visits to look forward to, including field work in some subjects when the weather is warmer, work experience for our Year 10 students, and our hugely popular and successful Sports Day for other year groups. The term will also end with our annual Soiree Musicale, involving a large number of our talented musicians.



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@coplestonschool

