



'I Am History' – exchanging cultural experiences

Since October 2022, Northgate High School has been fortunate enough to launch an exciting project funded by Suffolk Standards and Excellence in Education called 'I Am History'. The project involves a group of Northgate students from a wide range of cultural backgrounds working with students in a Romanian school, Liceul Penticostal Betel. Students from both schools have been meeting regularly online to share their culture and local history, traditions and recipes. More recently they have been writing to one another, building strong friendships.

The project members also worked with The Hold - Suffolk Archives to explore the history of Ipswich, and will be involved in recording the project and personal stories of students here and in Oradea. This will form part of an exhibition called 'Arrivals: Celebrating Migration to Suffolk', which will run at The Hold from November 2023 to April 2024.

As part of the project, in April, Northgate welcomed ten students and three teachers from Liceul Penticostal Betel to experience a day in our school.

The purpose of the trip was for

the students to exchange cultural experiences, expand their horizons and enrich their knowledge of the world.

The first activity of the day was the welcome to our school tour. All the guests were very impressed with how well the school is resourced and organised. They admired the students art work, displays and outside spaces.

After the tour our students joined the group and together they enjoyed some vibrant 'get to know



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each other' activities which allowed the group to interact, learn about each other and enjoy each other's company.

After the delightful visit from the Romanian students from Liceul Pendicostal Betel, in May it was our students' turn to experience the hospitality, school life and rich history and culture of Romania, staying in the beautiful city of Oradea.

Ten of our year 9 students working on the project enjoyed five thrilling days full of sightseeing, history, friendship and delicious local cuisine.

Day 1: Visit to the Jewish Museum (Sinagoga evreiască) to learn about the persecution of Jews in Oradea and the tragic life of Eva Heiman (13 years old) who recorded her experiences from the ghetto in her 'Little Diary'; she wrote 'I want to live at all costs.' However, she, along with her family, were murdered in Auschwitz. We visited her statue in Bălcescu Park later that day. Next, after a nerve wracking 59 metres and 250 stair steps, was a spectacular view of the city from the City Hall Tower and a photo session by Crisul Repede River. The students then visited the Darvass Laroche House, a magnificent home decorated in the style of Art Nouveau and over 100 years old. Finally, a trip around the local zoo of Oradea

and the day ended with a meal in a local restaurant serving Romanian traditional food where everyone tried 'mici' with mustard.

Day 2: Started with Oradea's Fortress where students were immersed in the local history. Out of all the interesting exhibitions present, one that stood out was the Seed Bead Artwork section. We were very fortunate to have the artist present, Dr. Mariana Casian, who took us through all the thought and labour behind her amazing art. Next, there was a 60s and 70s disco for our students to enjoy (Macarena being the favourite) as well as a delicious meal in a popular local traditional restaurant. Day two ended with a visit to The Catholic Cathedral, a building famous for its impressive architecture.

Day 3: Brought the unique and different experience of a school day in Romania.

Positives: lessons are only 50 minutes long with 10 minutes break after each lesson, students stay in one classroom throughout the day - teachers come to them - and the summer holiday begins on the 15th June (and lasts for three whole months!). Negatives: five or six lessons in a day, short breaks and students can be assessed at any time during the lesson by being asked to stand in front of their peers to present the topic learnt, and marked on the spot. General thoughts: school is hard everywhere!



Lunch served 'sarmale', another traditional dish, which was very much enjoyed.

In the evening we climbed to 'Ciuperca', a place from which the whole city can be admired. It was a gorgeous sight that made the endless stairs worth the while.

Day five: On the last day, Romanian and UK students had a tour of the University of Oradea. There were different activities that ended with a debate. Next was a visit to the Tării Crișurilor Museum and a guided tour of the pre-history and more recent history of Romanian exhibitions. Finally, it was time to say goodbye to our hosts. There were tears; however, lifelong friendships and memories have been forged.

Students enjoyed completing their Trip Journals created by Ms. Mills. The best journal was awarded a special chocolate egg prize.



Celebrating our Maths achievements

Over 50 Northgate students from Years 9 to 11 participated in the UK Mathematics Trust Intermediate Maths Challenge held earlier this year. Many received certificates of achievement (pictured above), ranging from Bronze to Gold. The Maths Challenge is a nationwide competition in which students can test their problem-solving and mathematical reasoning skills armed only with pencil and paper. The problems they are asked to solve increase in difficulty, and students gaining a certificate at any level should be proud of their achievement. On top of this, four of our students progressed through to the next round (known as the Kangaroo), which is a great achievement for them and the school.

Every Year the Advanced Mathematics Support Programme (AMSP) runs a series of Maths Feast Events in Suffolk. These bring together teams of Year 10



students from schools in the local area to compete in a friendly set of challenges which test their mathematical skills and logical thinking. This year, two teams of Year 10 students from Northgate took part in the Maths Feast held at Kesgrave High School (pictured

above). Both teams thoroughly enjoyed the challenges and received their certificates of participation from the AMSP team. One of the teams also won the relay round, beating all the other schools on this timed round. A great achievement!

Great successes for our football teams

Every September much excitement and anticipation is felt at school by students and staff ahead of another forthcoming schools' football season. This season brought much success for our teams in County and National cups. At a County level we reached five finals, winning three, losing one and having one cancelled mid-game due to a thunderstorm! Nationally we saw our Under 16 boys team make the last 16 and our Under 18's reach the last 64.

A real highlight of the last two seasons has been the increase in the number of girls playing football at Northgate. Our PE curriculum has been a catalyst for this increase and with much more opportunity at grassroots level in the community we are seeing an ever-increasing number of girls taking up the sport.

We are very proud of the achievements of all our football teams this season and are hopeful that we can continue to build upon our successes!

Under 12 Boys

The team have forged a strong bond this season and competed strongly.

Their 'never give up' mentality led to some good early wins in the National Cup.

It was tough to be knocked out in the round before the quarter finals of the County Cup against a team we beat in the National Cup, but the team will be ready to go again from September.

Next year will see the team move to the 11-a-side format and it is hoped that this transition will provide an opportunity to build on the progress made this season.

Under 13 Boys – County Cup quarter-finalists

A much improved season from last year. The team demonstrated great togetherness as a squad, supporting



Under 14 Girls



Under 15 Boys

each other with heightened team spirit.

We had good runs in both National and County cups. The team made the quarter finals of the County Cup – going out to the current holders. The players should be so very proud!

Under 13 Girls – County Cup finalists

This group of girls have been outstanding! Their enthusiasm and tenacity has been amazing. Despite a relatively early exit from the National Cup to East Bergholt, the Under 13 Girls Football Team enjoyed a successful cup run in the County Cup, culminating in them losing in the final which was

held at Needham Market FC. It was during this final that the team's togetherness shone through.

Under 14 Boys – Under 14 County Cup semi-finalists

The squad had a great season and were narrowly knocked out of the National Cup away at Felixstowe. After dominating play and peppering the Felixstowe goal with no reward, we lost by a single goal.

However, in the County Cup tactics started to click and the team settled into a fluid formation. The team won a hotly contested quarter final game against Copleston. Unfortunately, the team were beaten 2-1 in the semi-finals

in the County and National cups



Under 16 Boys



Under 13 Girls

by a very strong Claydon team in another hotly contested game that could have gone either way.

Under 14 Girls – County Cup winners

A massive congratulations to our Under 14 Girls Football Team for their 3-0 win against Farlingaye High School in the County Cup.

The first goal came near the end of the first half. Immediately after the second half kicked-off, a through ball was played to the striker who tapped the ball into the goal. With around 20 minutes to go the team finished off the game with a third goal.

This is a very talented squad and the final was a great reward for all

their hard work. A number of this current squad have gone on to gain trials with local league teams.

Under 15 Girls – County cup semi-finalists

Well done to our Under 15 girls football team for making it through to the County semi final. They narrowly missed out on a place in the final after losing 3-2 to County Upper in a game which could have gone either way. The girls have not only played some fantastic football where they were able to link up brilliantly together, but they have also been flexible and adaptive in their positions.

Under 15 Boys – County Cup winners

A superb achievement for our Under 15 Boys football team for winning the County Cup final, following their 2-1 victory against Westbourne Academy.

The game was a tight affair which was 1-1 until the last minute of the game. It was in the final moments when Dion was put clean through on goal where he placed the ball over the keeper causing celebration amongst the Northgate students.

Under 16 Boys – County Cup winners

A hearty pat on the back to our Under 16 Boys football team for winning the County Cup final, following their 4-3 success against East Point Academy.

Northgate, previous County Cup winners, started the game strong and scored early from a free kick outside of the area. The score then went to one all. Northgate regained the lead before the score turned again to 2-2 and then 3-2 to East Point Academy. With approximately twenty minutes remaining, Northgate drew level and then took the lead with five minutes to go! The game was a competitive, fraught encounter with both teams fighting until the end.

Under 18 Sixth Form team – County Cup finalists

Despite our exit from the National Cup, which was a bitter pill to swallow, this group of players upheld the standards, morals and values of which we are so very proud.

The squad bounced back by reaching the County final. The score was 1-1 with Northgate dominating play, only for the game to be cancelled due to a thunderstorm! It is unfortunate that the game was unable to be re-scheduled due to examination commitments.

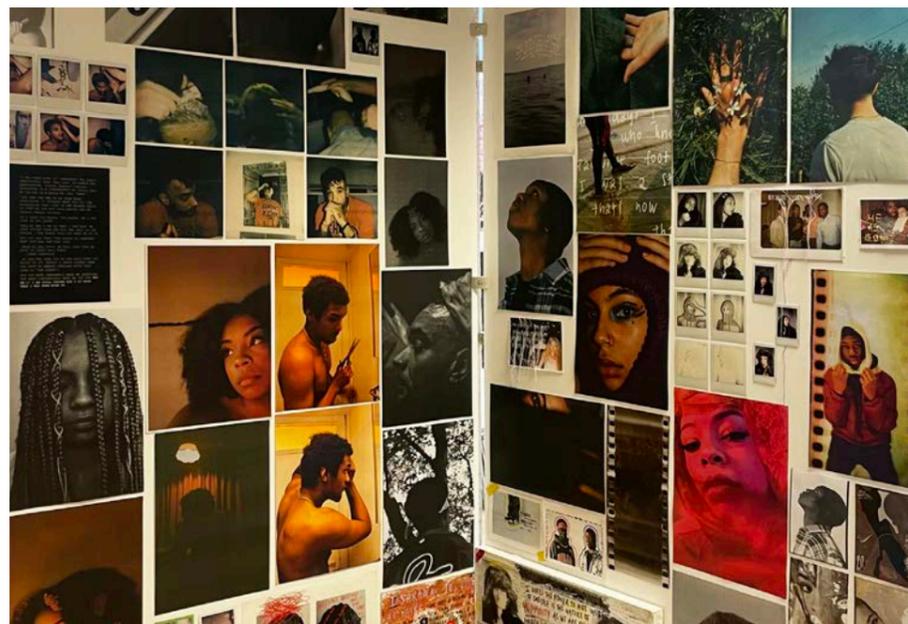
Building upon the high standards set

Once again, the Art & Photography department were proud to host this year's GCSE and A Level exhibition. Congratulations must go to all students who have sustained and built upon the high standards set by previous years. Students exhibited some exciting responses in a wide range of media from oil painting to printing, photography and installation. A variety of beautiful sketchbooks were also on show to document the creative journey and to give some insight into the hidden thinking behind their ambitious outcomes. Students had responded very creatively to their self-directed themes this year, reflecting on and developing their own practice in innovative and skillful ways.

Family and friends were invited to the Open Exhibitions in May and June which celebrated the culmination of two year's work. For A level, the annual Henry Curtis-Williams Award was given to Sophia for Art, to Ramani for Photography and Phoebe for Diligence. The well-attended event was a huge success and a fantastic finale to showcase the Year 11's and Year 13's talent.



Above, Sophia's portrait of Frank Bright MBE, left, Phoebe's award winning piece, below, Romani's photography exhibition



Pursuing his boxing dream...

I like to box because it is a great way for me to release any bad energy I have floating around me. I started when I was 5 years old. My dad and my grandad (the coach and founder of my gym, Ipswich Kickboxing Academy and East Coast Boxing) are the two people who thankfully got me into the sport.

I'm now 15 and have a dream to turn professional and I will do and make any sacrifices needed to help me reach my goal. I box Monday to Saturday alongside running. I go for at least a 5km run per day as running is one of the most, if not the most, important and beneficial exercises in boxing. Without fitness you won't last one round.

I also have a healthy lifestyle to help maintain my shape and to keep me strong and healthy.

I am very disciplined because without self-control you won't go

far at anything.

I am also very committed to boxing. Commitment is to do something you enjoy and for me that thing is boxing. I am extremely passionate about the sport and love everything about it including the fight camps, apart from cutting weight and having to train in sweat suits, tracksuits and coats!

My most recent fight was at the WKO European Championships 2023 in the Barnsley Metrodome. I entered this competition as soon as I was allowed. From the day I entered I knew I needed to train extra hard and put in the work and grind. There were some moments where I felt like giving up in the training because it was getting a bit too hard, but I persevered because I knew how much I wanted that belt.

In the final I was against a boy

called William from Cyclone Martial Arts in Rotherham. During the drive up and stay in the hotel I was perfectly fine; I had zero nerves as I knew I had put in the work. When I arrived at the event the nerves and adrenaline then kicked in.

When I saw the boy I was up against warming up I carefully paid attention to him to watch his style and figure out ways to win as he was taller than me. However, the second I put my boots, wraps and gloves on I was ready and the nerves were gone. Warming up and getting loose on the pads I felt really sharp. I was focused and I had tunnel vision and the only thing I could picture was me with my hand being raised and the belt going round my waist. After a hard fought bout I won on points and left Barnsley victorious!

Shae, Year 11

Dates for your diary

Friday 21st July 2023.....	End of Term
Thursday 17th August 2023	A Level Results Day
Thursday 24th August 2023	GCSE Results Day
Wednesday 6th September 2023.....	Autumn Term Starts – Years 7 & 12
Thursday 7th September 2023	Autumn Term Starts – Years 8, 9, 10, 11 & 13

Linking skills and qualifications to the workplace

At the beginning of March, Northgate welcomed National Careers Week by holding a Careers Fair to fill the Sports Hall.

Over the course of the day, students from Years 8 to 13 embraced the opportunity to talk to 53 different organisations who were all in school to support our Careers Fair. We were delighted to welcome representatives from a range of local and national employers, charities and learning providers. Local employers enabled students to see what the future job market could look like for them and allowed students to link the importance of the skills and qualifications that they gain in education to the workplace. Higher and further education providers inspired students with information about courses and future qualification pathways. Also, apprenticeship providers spoke to enthusiastic students about opportunities to continue their learning in the workplace, combining both employment and study.

Our students really appreciated the chance to attend the Careers Fair and to speak to such a broad range of different organisations. Stands were informative and interactive, some with the element of competition thrown in for our students! Feedback from students



has shown that they came away from the Careers Fair impressed by the huge variety of jobs that are available within various companies; with more knowledge about the qualifications they need and the importance of subject choice at GCSE and A Level; with an understanding of the range of different pathways available after school and also knowing how to find out more about future learning

and employment opportunities.

A big thank you to all of the local and national employers, charities, universities, colleges and apprenticeship providers who kindly gave up their time to support our Careers Fair. Our students really valued the conversations that they had with these organisations and it certainly provided a wonderful stage for us to launch National Careers Week at Northgate!

