



# South Africa Sports Tour 2018

Dear Parents, Carers and Students,

Welcome to the latest edition of @Oakwood. As always, many thanks to the Publicity Team for its production.

You will see in the pages here a raft of activities and events that have taken place over the last term. There is a report on the highly successful Sports Tour to South Africa which was a wonderful opportunity for the Football and Rugby teams to not only test themselves against strong opponents but to find out about the rich culture of South Africa.

I hope you enjoy this edition.

Mr K.W. Moody - Headteacher





# Oakwood Park Grammar School

## South Africa Sports Tour 2018

### #Capetownismaroon

On Wednesday 18th July, what had been over two years in the planning, our departure day had finally arrived!

The excitement of what was ahead was clear to see as the tour party arrived at school in their tour shirts! After the formalities of the tour talk and then the 'Official Tour Photo' with Mr Moody, the group were packed onto the Express coach ready for what is usually a long journey to Heathrow, Terminal 5 to catch that 10 hour flight to Johannesburg!

Following the fastest transfer to Heathrow any member of staff had experienced with a school trip we were faced with a 3 three hour delay! But after 7 hours at the airport we were finally able to board flight BA055, looking forward to films and food before touching down in Sunny South Africa! Thursday 19th July, the tour party finally took their first steps on South African soil. We were greeted by our tour guide Chris Basson, a man who would make our tour a trip of a lifetime for staff and students alike! A quick introduction and it was time to load the coach and head to our training ground and experience South African Hospitality. Mr Housden led the rugby boys for a bit of unopposed and touch, whilst Mr Lewis and Mr Raye got the football boys into a match. With legs loosened and bodies freshened up, the



boys tucked into meat and chips before boarding the coach for the transfer to Kwa Maritane Bush Lodge!

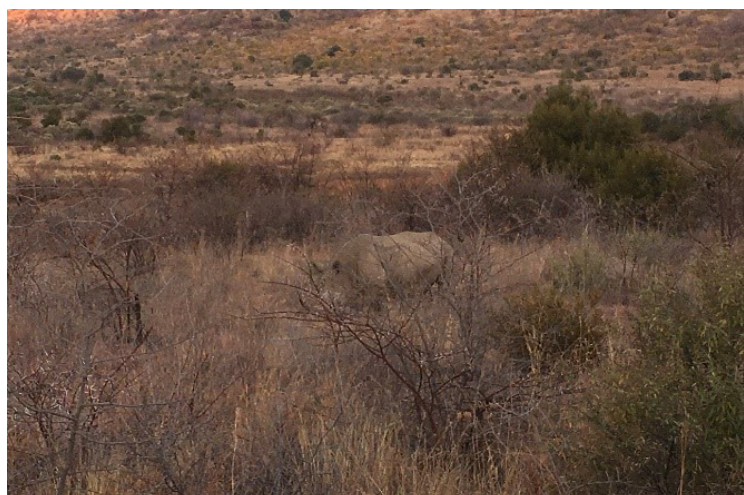
The tour parties faces when we pulled up into the 5\* Bush Lodge for our first night's stay! Rooms were spacious and comfortable, and thankfully warm following the game drive!

Once we had checked in it was a quick turn around to get ready for the Game Drive, we loaded up the lorries, jackets in hand as the temperature was dropping rapidly! And then off we went – and WOW what an experience we had!!

Elephants, Giraffe, Buffalo, Wilderbeast, Antelope, and Kudo were only a few of the animals we witnessed on the drive! Many a photo was taken in the hope of capturing that wonder shot







of one of the big 5! As we were taken around the dirt tracks of the game reserve eyes remained peeled on the horizon, some of the boys spotting animals before the tour guides, not an easy thing to do! After a brief stop at the water hole, in the hope to see some hippo, we loaded the trucks for the last part of the journey, back to the hotel in the dark – hoping nothing would charge the vehicles before we got back to the warmth of the hotel! The journey took a little longer than expected due to the fact we had to follow the dominant Rhino for about 2 miles as he was hunting for either a female friend or a male to have a fight with, the guides were a little unsure!

Friday 20th July brought about an early start. Breakfast was taken quickly followed by the loading up of the coach again for our transfer to join our tour guide who was to take us around the well-known township of Soweto. The settlement was set up in the 1930's as the South African Government separated the white and black communities! Approximately 1.5million people currently reside in the area that holds much history that has made South Africa the country it is today!

After the bus tour, we were taken to the Apartheid museum so the tour party could develop an understanding of the history of South Africa and the troubles they faced. This was followed by an emotional trip to the residential home of Nelson and Winnie Mandela, a place again preserved as a reminder of the past and the battles that were fought in the quest of equality in South Africa.

The party were then treated to some typical South African hospitality; a lovely buffet style meal with many South African delicacies on offer to the boys, and ice cream for dessert! Whilst eating, the restaurant was entertained by a street artist

impersonating many of the indigenous animals of the country! A great way to end the day before heading to our hotel for a relaxing evening. Some boys took to their rooms to catch up on a little sleep, others joined Mr Keeling-Jones in the gym! The evening was spent at a local shopping mall with a small group of children from a local orphanage, one of the charities that our tour company support in the region. It was then an early night in preparation for the first fixture of the tour!

Saturday 21st July – Match day 1! The breakfast room was full of nervous anticipation, 'what will the opposition be like?', 'How big will the opposition be?' 'How many goals do you think we will score today?' were just a few of the questions being asked as they tucked into eggs and bacon! The boys were all in their 'Number Ones' as we departed the hotel, a general silence fell across the bus as we approached the Sutherlands School to drop the football squad. As the boys disembarked from the coach there were chants of 'bring it home, South Africa is maroon, play well', all knowing that two good performances would set the tone of a successful tour! The coach then continued on its way to Pretoria Harlequins rugby club.

Two great performances were exactly what followed. The football squad all played an active role in the match with Mr Lewis and Mr Raye managing to play all 24 players in the match. Whilst the opposition offered some resistance the quality of the tour party shone through, running out 8 -1 winners.

The rugby came up against a team who when warming up looked slick and strong! It went without saying the boys were nervous, rugby in South Africa is their national sport after all! But with some crunching tackles, some turn overs







and some outstanding attacking play the rugby team performed well to secure a well-earned draw, 7-7. The match could have gone either way, we played some attacking rugby, but in the wrong areas of the field whilst Quins defended well to keep us away from the scoring zone! But 2 fixtures down and we can say OPGS is unbeaten in Johannesburg – Cape Town here we come. Following a quick internal flight, we were able to enjoy the hospitality of the Waterfront in Cape Town, a chance to relax as a tour party following a hectic few days! All eating together at Gibson's burgers, the squad could be heard talking about the experiences of the first few days, game drive, Soweto, Mandela House and of course the exciting moments of the matches!

Sunday 22nd July, as day of rest! Well that is what some of the boys may have wanted, but there was sightseeing to do and South African hospitality to experience! So off we went back on the coach to follow the winding road to the base of Table Mountain, hoping the blue sky and sunshine would be enough to allow the cable cars to be working so we could take in the iconic view from atop the world famous mountain! Unfortunately, whilst it looked lovely, the wind was far too strong to allow the cable cars to run safely, the only disappointment the boys would experience across the 9 days in South Africa! We then headed out to Spire's Vineyard to experience a little wine tasting (for those old enough) and a falconry display of the local bird life found in the Cape region.

We then headed back to the Waterfront for a slap up meal at the Cape Town fish market – wow, what a place and the food, well you will not find better seafood! The food was so fresh and tasty! What more could have been asked for? To let the food digest we thought it would be good to

follow in the footsteps of many an international sports team by heading out to Camps Bay. We spent the afternoon on the beach, be that kicking a ball around, burying one another in the sand or just chilling listening to the sounds of the waves crashing, there was something for everyone to enjoy.

Monday 23rd July, we are starting to lose track of which day of the week it was. There had been so much packed into the first four days of the tour that each day was blurring into another! But what we did know, was it was match day 2! The tour party were off for a relaxing tour of the Cape Peninsula, taking many of the wondrous sights stretching down to the Cape of Good Hope! The boys walked to the top of Cape Point to take in amazing views of the ocean surrounding the point, before racing the Cape Point funicular back to the bottom! This was followed by visits on the way back to Cape Town to Boulders beach to witness the local penguin colony and a walk around Simons' Town. Some great sights along the way including the red-bottomed baboons strolling across the roads around Cape Point, vicious but wonderful to watch!

The first round of matches in Cape Town were then upon the squad, the boys were now getting themselves back in the zone! Were they ready to take on the first opponents in Cape Town, a place we were previously unbeaten!

The football squad headed off to Pinelands full of confidence, following the first match. Mr Lewis taking charge of the 1st Team and Mr Raye the 2nd Team, both squads prepared for battle!

Two great fixtures followed the first whistle, some creative play from all four teams on show meant



that the matches were a close fought battle. But as with all good times the cream rises to the top, both teams managed to find their scoring boots and during the second half took control of the matches, with both teams scoring 4 goals past their opposition to make the score line OPGS 3 – South Africa 0! An unassailable score line, meaning whatever happened in the final matches the football boys would have a series win against South Africa

The rugby boys headed off to DF Malan to do battle! Unfortunately, miscommunication meant the fixture was a little mismatched! DF Malan, being one of the top 16 schools in the Cape Region put out their first team to battle the might of Oakwood Park, for us a step too far! The squad took the match in their stride, battled to the end and during the second half put pressure on the opposition. This would be the only fixture of the tour where we were unable to score a point, disappointing but a learning curve and one that the boys did not want to experience again.

The rugby squad joined the football squad on the waterfront to enjoy a cracking meal in Quay Four,

enjoying the local entertainment and realising that in South Africa karaoke is just as bad as the UK! The squads bonded over their food, laughing at the karaoke whilst reminiscing the experiences to date on what was an amazing tour!

Tuesday 24th July, probably behind the actual matches, the most anticipated trip of the tour! A short walk from the hotel the boys boarded the boat that would take us across to Robben Island, the prison where Nelson Mandela was held captive for 18years! What a boat trip –well if you did not think you suffered from seasickness, this trip proved you wrong!

The boys were entranced by the tour guide during the bus trip around the perimeter of the island taking in many of the historical areas and activities undertaken by prisoners whilst in captivity. However, you could hear a pin drop once we reached the buildings where the prisoners were held! As we entered the holding areas we were greeted by an ex-political inmate of the island. He would recount his own personal experiences whilst being held captive. The tour party hung on every word he spoke, his stories highlighted exactly what life was like during a highly political period, whilst explaining his own reasons for his actions during that period of his life. The emotion of the day was clear to see in all, so the afternoon was spent allowing time to reflect and have some free space for shopping, or in the case of Mr Housden another coffee and cheesecake and Mr Raye trying on another sports shirt!

Wednesday 25th July would be the final full day of our tour and our final match day! Wanting to make sure we went out with a bang the morning was spent fairly relaxed with a short visit to the Springbok Rugby Museum. The experience allowed the party to see how sport reflected the society at certain points during the history of the country, leading to what was probably the pinnacle of the country's rugby history, winning a home world cup! We then returned to the hotel to prepare for the final match and cultural experience.

The final match, was to be the highlight of the tour. We travelled as a tour party to Kasselsvlei High School, a community school on the outskirts of Cape Town, and what an experience! The school was situated in the middle of the community and clearly the hub of the area. As we warmed up for the match, football and rugby next to each other, the field was 'invaded' by the local community.







Young and old came to watch the local school teams take on the touring team from the UK!

Hoping not to disappoint the matches began. The football kicked off first, the opposition were physical and skilful, but the challenge was met by both the 1st and 2nd team! The noise from the local community cheering and shouting every time the school were in possession of the ball was deafening and could have intimidated the boys, but they stepped up to the challenge. Both teams ran out winners, the 2nd team won 1-0 and 1st team won 2-1.

The rugby squad was nervous following the mismatch at DF Malan, they were concerned the same could happen. The nerves were clear to see at kick off and two chip and chases put the home team 12-0 up very quickly! This could have led to another heavy score line, but leading from the front the Year 13 students stepped up, not wanting their final match to be a heavy loss. The tactical play and decision making was superb, and with only 5 minutes left on the referees watch the score line read 17-12 to the home team! The boys were showing the confidence that required to snatch victory from the jaws of defeat!

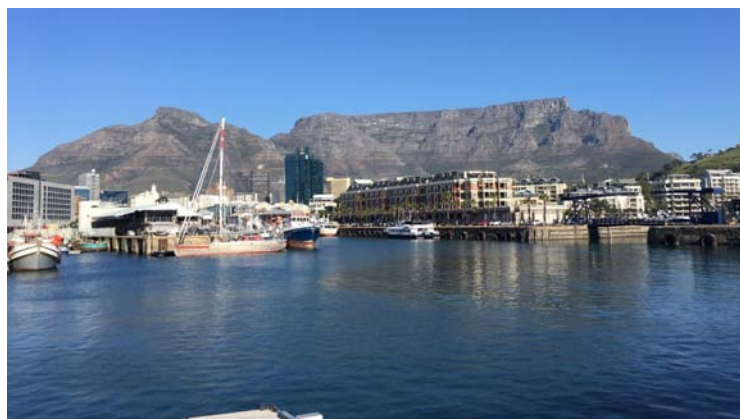


Unfortunately, there was not enough time on the clock and the host team were able to capitalise on the gaps appearing as we pushed for the winning score and they scored with the final play of the match, ending the game 24 – 12.

The matches were followed by a post-match function which epitomised sport and the hospitality of the South Africans. The boys enjoyed each other's company following the battle that had taken place on the field of play! They had arrived as rivals, but left as friends who had enjoyed the challenge on the pitch!

What a tour! We didn't think it could match the experiences of 2010, but I am confident in saying (having run both tours) South Africa is the place to tour! Regardless of what parts of the country you visit you will be welcomed! They have a great sporting ethos, an amazing and mixed history whilst being amazing hosts. To visit the country twice and to have a fixtures score line of 7 wins, 1 draw and 4 losses is amazing!

Well done to each and every one of the amazing tourists, you were an amazing group who represented Oakwood Park with pride! You will have finished the tour with some amazing lifetime memories, whilst also leaving your own mark on Johannesburg and Cape Town! Roll on the next one!





# Bewl Water Enrichment Day

By Bailey Barnett, Daniel Smith and Zachary Pass

Bewl Water was a trip that happened on Wednesday the 19th of September 2018 and it was an exciting and bonding trip.

It all started when everyone arrived at school. There were three coaches awaiting outside. We separated into groups and went upon our way. When we arrived at Bewl Water we got into our three groups eagerly anticipating the day ahead of us.

The year group were divided into three groups and our first activity was canoeing. First, we got changed and put on our life jackets. As it was quite a windy day, we had to get on a speedboat across the reservoir to reach an area that was safe for us to paddle. The speed of the boats was 55mph and we had to hold on tight as we felt like we were going to fall off into the water! Once we arrived we waited for the rest of our group then had a safety talk. After that we got our oars, got into our boats and went out onto the water. First, we were asked to practice paddling all at the same time and how to turn the canoe. Once we got the hang of it, we paddled along the edge of the reservoir. We were then allowed to stand up in the canoes and paddle standing up. This was great fun, especially as we were trying not to fall into the water! After the canoeing we had another ride on the speedboat back to the main building.

The second activity was orienteering. We had a briefing in the classroom making sure that we could all read the map and understood the task that was before us. We worked in groups trying to find the numbers which all had a different letter on them. We had an hour and 15 minutes to do so, highest score wins. 'Seems fairly easy' or so we thought. So, we all set out on our adventure,



in groups of three with our maps. Our team ended up having an extra 2 members in it, so the more the merrier. Suddenly we realised that we kept back tracking to areas we had already been! In the end, we sadly did not win but one team did manage to find every single letter.

Our last activity of the day was team building exercises. Our first challenge was something called Hades River. We had three planks of wood all bigger than the other. We had to get across a sandbox sized hole (the river) without touching the water with ourselves or the plank. After that challenge we had a rope exercise where we had to get to a large plank of wood on the other side. The first one wasn't easy, but the instructor then moved the box so we had to swing around the instructor to get to the wood. Our last challenge was an obstacle course. We had to walk across a wire whilst holding ropes and then walk across cylinder shaped wood planks with nothing to hold yourself up apart from a metal pole.

Annoyingly, after such an exhilarating day, we had to get back on our coaches and go back to school to be picked up and to go home. After everything we did, we knew this day, was a day to always remember. That was our amazing trip to Bewl Water.



## Archie Mitchell – Charity relay

Imagine running relay-style with a team of friends or family along the spectacular South East Coast of England.

The running route stretched across the coast and countryside with some quaint seaside towns, rolling fields, and the not so warm ocean breezes. The charity relay saw Archie Mitchell and his teammates pass through the picturesque towns of Faversham, Ramsgate, Dover, Folkstone, Rye, and Hastings; finishing their journey in the City of Brighton & Hove. Each team member would take turns running along a 170(ish) mile route with 3 “legs” of the race, with each leg ranging between 3-11 miles and varying in difficulty.

Archie Mitchell began the Maidstone to Brighton relay run as part of a team of five in the Ragnar Relay raising money for Macmillan Cancer Support, running at 11am on Saturday 2nd September and finished at 3pm on Sunday 23rd September. In total, the race was a gruelling 27 hours overall which meant that conditions overnight were especially tough with the weather taking a turn and being extremely cold to continue pounding the pavement. Despite this tremendous



effort, unfortunately, Archie's team was not an overall winner but they had a fantastic time taking part in the event.

This is an excellent testament to Archie's philanthropic nature, as earlier in the year, he raised the whopping £2000 needed to put a discarded phone box to use in Aylesford by creating it as an emergency hub which houses a defibrillator. On this matter, Councillor Trevor Walker stated: “He made a very confident and impressive presentation. It's good to see someone so young with such a community conscience. He is to be congratulated on his determination.” Therefore, publicising his fantastic efforts to make his school and local community a better place, we applaud Archie for his continued compassion and are lucky to have him as an ambassador for the school.

Within the last 2 years Archie has organised and participated in a staggering number of different charity events and has raised over £4000 for Macmillan Cancer Support and £4000 for the Heart of Kent Hospice. Events that Archie himself has organised include a Quiz Night and his most recent event is the 2018 Santa Walk, for more details or to register your interest in the event please go to the website:

[www.teamroz.co.uk/santawalk](http://www.teamroz.co.uk/santawalk)



# MACMILLAN CANCER SUPPORT



# Boxing Club

2018-19 has seen the introduction of boxing to the extra-curricular sports programme at Oakwood Park Grammar School.

The PE department has established a new link with a boxing coaching company called 'Olympia Boxing'. This organisation was established to continue the London 2012 Olympic legacy, raising levels of participation within schools and youth clubs within the South East of England. The club has proven to be a great success with

over 30 students attending on a weekly basis within term 1. Sessions have combined both fitness and the development of boxing specific skills, allowing many students to try a completely new sport for the first time.

Year 9 student, Romish Magar, had the following to say about the Term 1 Boxing club:

"Boxing has been a really fun club this term and it has also been great for my fitness too! I will definitely be carrying it on next term as well as looking for a club I can go to outside of school!"

## OPGS Table Tennis

Table Tennis has taken off in term 1 at OPGS!! The PE department have formed an exciting new link with Chestfield Warriors Table Tennis Club, offering students in years 9-11 the opportunity to receive high quality specialist coaching.

Two clubs have been running on Wednesday and Friday's afternoons with over 30 students

attending each on a regular basis. This has made a huge difference to student's development, with many now ready to represent the school at the upcoming Kent Schools Table Tennis Championships in terms 2&3.

In term 2, an additional club will be offered to years 7 & 8 students on Tuesday afternoons (3.30-4.30pm). If your son is interested please ask them to sign up in the PE office.





# Duke of Edinburgh Silver Practice Expedition

Our experience of the Duke of Edinburgh practice expedition for silver was very good. We enjoyed the route and the facilities that we stayed at were very good. Our favourite part of the weekend for us was the walk itself since we were walking around some amazing countryside talking to our friends.

The walking bit really helped some of us that didn't really know each other to become very good friends – just by talking whilst we were walking. However, we walked it much quicker when we were focused and in the zone about what we were doing.



The routes that we walked were quite hard since we went up and down a lot of steep inclines and descents. We had plenty of breaks to make sure that we were never extremely tired, although our feet did hurt by the end. We found the first day the hardest since we were not really prepared for the walk ahead of us. However, by the third day our bodies were used to it and it got much easier. The scout site that we stayed at had all the facilities that we needed. Although we didn't spend much time in the camp, it was very nice, especially since there were not many people there until the second night. Overall, we don't have any negatives about the expedition apart from the fact that our feet hurt by the end!



## Duke of Edinburgh Bronze Award

I have found the Duke of Edinburgh Award really fun. I was able to complete the expedition with some of my closest friends and we all got along really well. We had a lot of laughs like when Tom fell in the bog or we realised George had the map upside down for 2km! We also learnt a lot of skills to do with map reading and navigation that

we will keep with us for the rest of our lives. The food wasn't the best, but what can you expect of powdered vegan mince in a sachet! It was a very memorable experience, one which I'm sure everyone who participated will not forget for a long time. A huge thank you to Ms Vanson for all of the organisation and hard work she put into it all!



Students time travelled from Roman Britain to Medieval England and on to the wartime 1940s as they explored Dover Castle, a site with hundreds of years of history.

Overlooking the shortest sea crossing between England and Europe, Dover Castle has a long and immensely eventful history. The castle's positioning and defences are known as the 'key to England', as a listed English Heritage site, this great fortress has played a crucial role in the defence of the realm for over nine centuries, a span equalled only by the Tower of London and Windsor Castle.

In the tower, students learnt about the life of a medieval king, building on their Year 7 History course. Immediately after his victory at Hastings in 1066, William the Conqueror strengthened the defences with an earthwork and timber-stockaded castle. From then on Dover Castle was garrisoned without interruption until 1958. In the 1180s Henry II remodelled the castle, planning its great tower as a palace in which to entertain great visitors as well as a last redoubt for a strategically important castle. The tower has three floors of rooms, the topmost being state apartments for the king himself. Within this magnificent showpiece, Henry could welcome and impress illustrious visitors to England, including noble pilgrims travelling to the new shrine of Thomas Becket in Canterbury Cathedral. On the second floor of the great tower is a chapel dedicated to Becket, with richly

decorated stonework. Building work continued in the first half of the 13th century under King John and Henry III, who completed the successive rings of defensive walls surrounding the great tower.

As they explored the wartime tunnels, the interactive exhibition and knowledgeable English Heritage guides told them about Admiral Sir Bertram Ramsay, who oversaw both the evacuation of Dunkirk in 1940 and the Allied landings at Normandy in 1944. Early in the Second World War, in late May 1940, the Allied forces of British, French and Belgian troops were trapped by the invading German army on the coast of France and Belgium, in the area around Dunkirk. Operation Dynamo was the name given to the desperate and near-miraculous rescue that followed. This operation was controlled from Dover Castle, and as a result, saved the Allied cause in Europe from total collapse, as well as being the biggest evacuation in military history.

Students were reminded how technology has improved communications - all of the equipment in the operational rooms of the tunnels could now be replaced (in technological terms) by a single laptop. These topics will be developed in Year 8 History lessons after Christmas. Students took some stunning photographs and even had a little break for souvenir shopping. We have many excellent young historians at OPGS who really enjoyed the opportunity to explore this world-famous site.





# 1st XI Football Results

By Mr Smith

The first XI have gotten off to a flying start with four wins out of four in their quest for the U19 Premier League title.

The season started with an away trip to Dover GS, which is a notoriously tough place to get any kind of result. The boys though were dominant from the first whistle and ended up winning 4-0 with Mickey Mantle grabbing a brace.

The second match of the campaign was at home to Harvey GS, who were the U19 Kent Cup runners up last year and were always strong physical opponents. The team started on fire and were 4-0 up in the first 20 minutes of the match, leaving the opposition wondering what had hit them. Harvey grabbed the first goal after the half time interval but it only spurred the boys on and they completed the 8-1 demolition in style.

Still looking to maintain the perfect start, the squad travelled to K-Sports to play local rivals MGS. A day of few chances looked to be heading for a stalemate when captain Evan Lewis was brought

down in the area after some clever footwork. The referee awarded the penalty and Emanuel Fanthom-Hodgson coolly despatched what would turn out to be the winner.

In the fourth match we hosted Norton Knatchbull who showed their intentions early by parking their minibus behind the goal, this didn't slow the team down as they professionally secured their fourth victory with a comfortable 2-0 win with goals from Adam Jones (cross) and Evan Lewis.

The squad face their hardest opponent on Wednesday 17th October as Simon Langton travel up from Canterbury also having won 4 out of 4, in what looks to be shaping up as a title decider even at this early stage of the season.

I would like to say what a pleasure it has been to coach and manage this side so far this season, they have gotten off to a magical start and have a nice balance of experienced Year 13's, who to a manager, have been outstanding and Year 11 & 12's who are adding valuable contributions to the teams current successes each week.





# World Champions at Karate Championship.

Kimura Shukokai Karate club based in Maidstone were victorious at the recent KSI World Karate Championships held in Stockholm, Sweden.

Training started for this event in early 2018, athletes have been through rigorous selections, competition and training all with the goal of competing in this event.

The boy's cadet team kata made up of William Howell and Kacper Krzykowski, progressed through 5 rounds of team kata to reach the grand final held on Saturday 21st July.

Facing an extremely strong South African team the boys were eventually crowned champions in the cadet boy's kata event.

Congratulations also go to William who also made it to the boy's cadet kata final just losing out to the title 3 flags to 2. He showed great promise for the future and did his club and the rest of the England team proud.

The boys junior team kata which included David Pereira from OPGS, were also crowned champions in the boys junior kata team event.



We are very proud to say that William competed in three events at the Championships coming away with medals in all events he participated in. As team leader, William won Gold for Team Kata (self defence and stance), Silver in Individual Kata and Bronze in individual Kumite (fighting); he can now call himself a World Champion.





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# Open Sixth Days Form

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**Tuesday 6th November 6pm - 8:30pm**

Head of Sixth Form Talks at 6:15pm & 7:15pm

Appointments for Sixth Form Open Morning on  
8th November 2018 between 9-11am  
Bookable via [www.opgs.org](http://www.opgs.org)

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The Gardening Club is run by Senõr Herrera on Thursdays at lunch time, but it can vary at times based on the weather. At busy times of the year, it is also on at lunchtime on Wednesdays and Fridays too.

There are numerous benefits to gardening, as well as providing nutritious fruits and veggies for your dinner table, gardening has been proven to offer a variety of health benefits:

- 1) Exposure to vitamin D which increases your calcium levels, benefitting your bones and immune system. So outdoor activities like gardening are a perfect way to get your sunshine while pursuing a fun hobby.
- 2) Mood-boosting benefits. A study in the Netherlands, cited by CNN, suggests gardening fights stress even better than other hobbies. Participants completed a stressful task and were then told to read inside or go outdoors and garden for 30 minutes. The gardening group reported better moods afterward, and their blood tests showed lower levels of the stress hormone cortisol.
- 3) Gardening is a great form of aerobic exercise; plus, you might become so engrossed in your work that you don't even realize you're breaking a sweat. Pulling weeds, reaching for various plants and tools, and twisting and

bending as you plant will work new muscles in your body and help with strength, stamina, and flexibility. According to the Centres for Disease Control, gardening is compared to "moderate cardiovascular exercise", the equivalent to going to the gym: gardening 30 to 45 minutes a day can burn 150 to 300 calories.

4) In the case of community gardens, it is a brilliant combatant to loneliness as it offers opportunity for increased socialisation and boost your own self-esteem as you are a part of something creative, cultivating food sources that give back to your community.

It may have only been my first day of the job, but I found out something that they probably wouldn't know unless they came; gardening is not as boring as everyone thinks. Gardening club is now one of my favourite things to do in the week, and although I may only be able to come twice or thrice a week, it is still a really good way to get the stress away from homework or tests. I really enjoy going from class to class selling the items we grow! Although, one thing that shocks me, is that hardly anyone is coming. Okay, a few people think gardening is boring or can't tell the difference between a beetroot and a parsnip, but it is actually a good opportunity to help the school grow even more and if you are bored at lunch time I would recommend it to absolutely everyone.





# Kent Schools vs Berkshire Schools Golf Competition

On the 24th September Kent schools took an 8 man squad to Royal Ascot Golf Club to play in an annual, competitive match against Berkshire schools.

This team included Oakwood's very own Luca Babadi. It was an early start as the first match, which he was involved in, started at 9am. He and good friend Oliver Perkins dispatched off Berkshires best 2 players 10 and 8. The subsequent 3 matches included 1 win and 2 losses meaning the scores were level at 2-2 at the halfway stage. In the afternoon singles it was all to play for. Luca led Kent out once again in the afternoon. Once again he got an early point on the board for Kent. With the next 3 matches



behind him also being won, all Kent needed was half a point to win. Luca's morning partner Oliver Perkins got this in the last group. This secured a 6.5 – 5.5 victory for Kent schools, the first win in this fixture for 4 years.

## Primary Schools Maths Challenge October 12th 2018

The Annual Primary Schools Maths Challenge took place on Friday October 12th in the Main Hall.

Organised by the Maths department with the help of our A-Level Maths students along with the Yr. 11 prefects, over 20 teams from our feeder primary schools took up the challenge for the Oakwood Park trophy. Over 4 rounds, the teams of 4 year 6 students worked as individuals, in pairs and as a team. The scoring was close throughout which created much excitement in the final relay round. In the end, the victors were Palace Wood, closely followed by last year's champions, Shernold in second place. Well done and congratulations to all.

Many thanks to the parents and staff from the primary schools who transported the students to Oakwood, battling the school run traffic.





Each year the Kent Youth County Council elects 7 Members of Youth Parliament (MYPs) who represent Kent nationally at UK Youth Parliament events, such as Make Your Mark.

The Make Your Mark gives a unique opportunity for young people aged 11-18 the chance to decide what Members of Youth Parliament debate in November 2018 within the House of Commons. The ballot decides what Members of the UK Youth Parliament should debate and vote on to be their campaign for in 2019. Through their engagement in local politics on issues that matter to the young people of today, the Kent Youth County Council voices the views and opinions of Kent by helping young people understand the importance of engaging in the democratic process and learn how their vote can make a difference. Four young people are elected to represent each district in Kent. Our representative for Maidstone is Sixth Form student Evan Lewis:

Last November, I joined the Kent Youth County Council after being elected by young people in Kent. Due to this I was able to run for election for the UK Youth Parliament, as a Member of Youth Parliament. MYPs are selected from all over the country to represent their regions at a national level, each year we have issues that we focus on. For this year our main focus was the push for Votes at 16, we lobbied local MPs and ministers as well as a dedicated social media campaign. At the current point in the year however we are currently deciding our campaigns for next year, we do this through Make Your Mark campaign, the largest youth consultation in all of Europe. Young people have had the chance to vote for a variety of issues that we have to face from Equal pay to period poverty. The top 5 most popular issues will then be voted on after a debate in the House of Commons that will be chaired by John Bercow. I am really excited to have the chance to speak from the Dispatch box and to sit in the famous green seats.





# Languages Enrichment Day

By Mrs Hill

Tuesday the 2nd of October was Languages Enrichment Day for students from Year 10. For students learning French, this day consisted of a trip to the restaurant Frederic's bistro in Maidstone. For the students learning Spanish, karaoke was the name of the game.

In the morning, those students learning French walked to the bistro where the owner, Ulric Allsebrook, was waiting with some food-based facts for the pupils. Ulric told us some interesting facts about different types of French cheeses and how they are made. Did you know that in France there are around 1,000 different types of cheese? We also learned that cow's milk is the number one choice for making cheese. The second and third most commonly used are goat and sheep milk. Brie is the most popular type of cheese in France and, we were reliably informed, there are clear differences between cheese manufactured at an industrial scale and artisan cheese, whereby you can only have up to 9 people working on your farm in order to claim this stamp.

Ulric also explained the manufacturing process for the blue cheese which consists of introducing a bit of friendly bacteria to give a tangy taste to the cheeses such as Roquefort - which, along with Brie and Comté - was available for a taster.

After some grate cheese facts (pun intended!), some students were able to try their hand in assisting Ulric in making croque monsieurs.

Following the tasting session, the pupils had a trail walk in Fremlin walk. Using hand-outs with instructions and clues in French, students were asked to find the locations of several shops. There were also some general knowledge questions about French culture and history, such as "which is the highest mountain in the Alps?" or "What did the Montgolfière brothers invent?"

At the same time, students studying Spanish watched a TV documentary called "Aventuras Bascas" about British and Spanish exchange students. They also had a worksheet to allow them to identify Spanish sentences.

Upon returning to school, the students were up for a karaoke surprise. Unfortunately, though, technology wasn't on our side that day so, as the machine failed the students, the gastronomy theme was extended as the students watched a documentary featuring Raymond Blanc, the Very Hungry Frenchman.

Meanwhile, Enrique Iglesias was heard across the hall as those students studying Spanish took to the karaoke machine to sing along and improve their Spanish and their singing skills at the same time!

Everyone had a great day and learned a little bit more about the two cultures.





## Maths Enrichment Day

By William Brooks

On the 2nd of October 2018, all of C7 were challenged with building Norman churches on our Maths enrichment day; it was enormous fun and we all had a great time.

Even though it was a hard challenge, most of us managed in the end. Our teacher, Mr Webster, was very pleased with the end result. Read on to find out the deeper details of this day and C7's view on the day.

We started out by arriving in Room 86 and registered with Mr Webster. All of C7 were punctual and they were all there. First, we talked about the features of a Norman Church for example the Zig-Zag decoration the Normans were obsessed with doing. We also discussed the arched doorway indicating the presence of a Norman-made church.

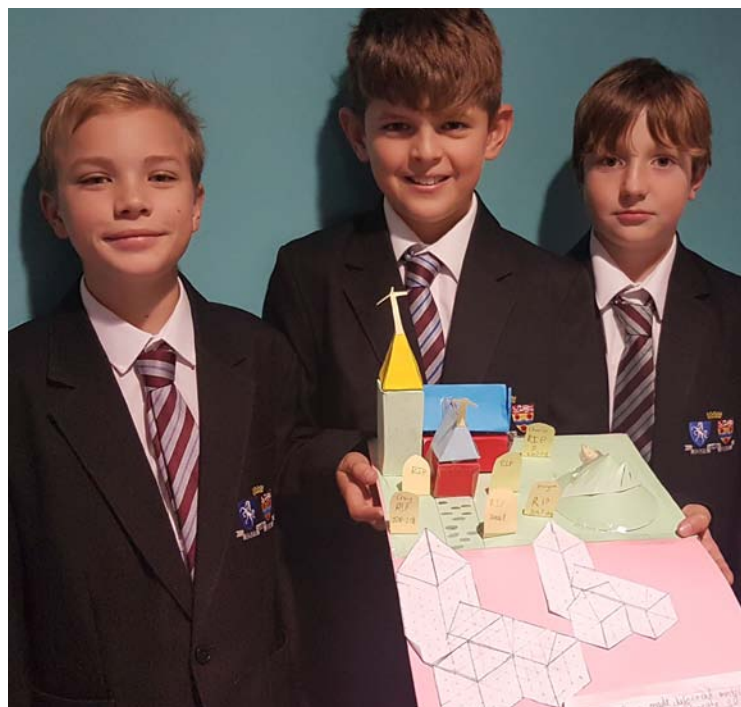
Next, we watched a clip about the Norman conquest of England (1066) explaining how William The Conqueror led his French army to victory. Then, it was time to start work!

We were then given net diagram instructions to create the many shapes we would need to make our church. All of C7 were paired up with a partner, I was paired with my friend Lucas. Then, we started to build our church. Each of us would make around 3 shapes each; working together to finish our church. Once we had made a few shapes, we started taping our shapes together to make 1 larger shape. Eventually, we got all

our shapes complete and stuck our final pieces together. However, we were far from done.

Next, we were told to glue our churches to an A4 sheet of green paper, due to the fact we were about to make a yard outside our church. Lucas and I made a bush to make our courtyard private, and a few shrubs to go with them. Then, we got some blue A4 paper, cut out a circle, and made a pond to go with our church, round the back. I also added a few ducks in the pond to give off the realistic side of our creation.

Overall, Lucas and I finished off our church in good time. We were very pleased with the end result; in fact, I think the whole form were!





## Parents Association Events

By Jane Fraser (PA Chair)

The Parents' Association raised over £4000 last year and have spent some of it on three more picnic benches. We are hoping to raise a similar amount this year to buy extras that funding doesn't cover.

Our first event this term was the Year 7 Welcome Barbecue, it was well attended and enjoyed by the families. We have planned more events at our recent PA meeting, with several new volunteers joining the team. Our next event is the Quiz Night on Friday 9th November at 7pm. Teams of up to 8. Tickets are £5 each in advance are available from our website [opgspa.org.uk](http://opgspa.org.uk). Bring your own refreshments. Doors open at 7pm to start at 7.30. We are looking for raffle prizes for the quiz night. Let us know if you can donate a prize at [opgspa@gmail.com](mailto:opgspa@gmail.com).

We are also hoping to run a Race Night and Gin Tasting Evening later in the school year. Join in to help us support the school. Visit [opgspa.org.uk](http://opgspa.org.uk) to donate or buy tickets or email us at [opgspa@gmail.com](mailto:opgspa@gmail.com)



**Friday 9<sup>th</sup> November 2018 doors open at 7pm**

**At Oakwood Park Grammar School.**

**Teams of 6-8 people, (smaller groups may be put together)**

**Tickets £5 each, must be bought in advance via [opgspa.org.uk](http://opgspa.org.uk)**

**Or the school office**

Bring your own drinks and nibbles.

*Please come for a fun evening and help us raise money to furnish the school.*

For more info email [opgspa@gmail.com](mailto:opgspa@gmail.com) or find us on Facebook @OPGSPA



# Speed Brexit Day

By Alex Tuck

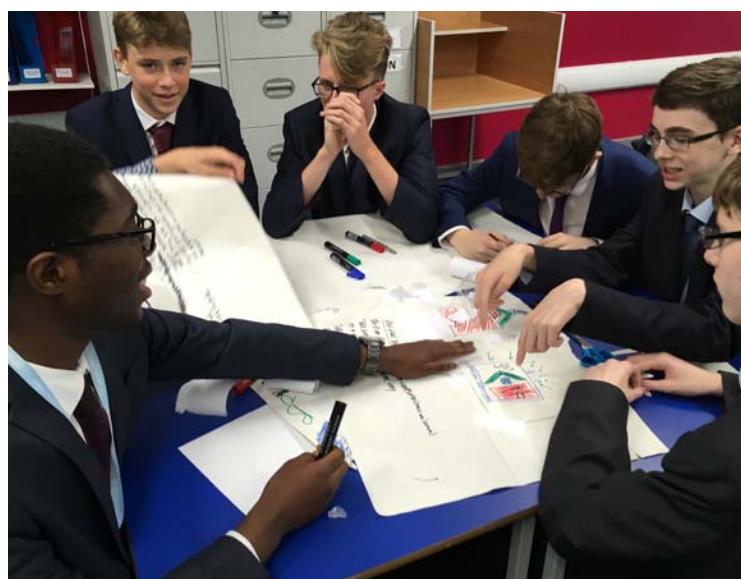
On Wednesday the 19th of September, Year 12 participated in a 'Speed Brexit' 2-hour workshop. After being informed of some of the different ways that we will be affected by Brexit, we were split into groups of about 5 to 6 and told we were to imagine we were at the time before Article 50 was triggered.

We had to create our own Political Party to state how we would deal with Brexit if we chose to go through with triggering Article 50, or whether we would go against the referendum and choose not to go through with Brexit. Within my own group you could say there were some very mixed opinions as to what direction our party would take, leading to the point where our party name became "The Imperial Union of Liberals" - surprisingly, no one voted for us!

The workshop was very informative and allowed us to express our opinions about something we were not given a say in at the time, as well as providing more information as to what impact Brexit will have on the UK. Personally, as a politics student, I saw the workshop as an opportunity to expand my knowledge and understanding, a way to apply what I had learnt in lessons and found the workshop fun, as we were able to work together to express our views in whatever way we wanted to. Having asked another member of my party what his opinions were on the Speed Brexit activity, Brogan said that the workshop "gave both politics students and other students a good chance to understand Brexit in a non-biased way".

Overall, I think the workshop was an amazing opportunity for us all to understand what will be happening to our country in a matter of months

and was an effective and interesting way of engaging everyone in our year in our country's politics. We are very thankful to Ms Hern and all of the other members of staff who were involved in giving us this enrichment opportunity, and also to the external people who led the workshop.





## Year 8 talk from Kent Fire Service on Fire Safety

On the 19th September a firefighter came into school and talked to Year 8 about arson. Arson is a deliberate act of burning something that is not on your property.

Throughout the presentation he would describe an example of a fire and ask us if it was arson or not. One of these questions was using a lighter and deodorant to make a flamethrower, we of course said yes because it is a deliberate fire made to intentionally hurt someone. The average age to commit arson are between 10-18 years, which shows that young people are mainly to blame. Then he showed us a real 999 call from a lady who had been affected by arson. Two Year 8 students had set fire to her recycling bin, which

then engulfed the entire house. Her baby was downstairs and she was upstairs so the baby was trapped in the fire and the mother could not help. The firefighter also showed us a video of some teenagers who peer pressured their friend into setting some rubbish alight. The rubbish was outside a corner shop which caught alight and put several people in danger. As a result the teenagers were convicted of arson and sent to jail for up to 4 years.

The overall purpose of this presentation was to make us aware of arson and the affects it has on people, and to never commit arson or any other crimes. We also learnt to stay calm if you get into dangerous situations. We learnt a lot and the assembly was great!





# Year 9 PSHE Enrichment Day

## 'Making the Right Choices'

On the 19th September Year 9 students were visited by a wide range of organisations to get them thinking and talking about important social issues and responsibilities they will encounter as they become young adults.

Barclays bank helped students understand identity fraud and how to keep their personal details secure, the NHS nurses talked to the boys about STIs and the importance of protective contraception, whilst the Living Well Trust raised students awareness of mental health issues and how to maintain a healthy manageable lifestyle.

Oliver Stanbridge S9 said about the day: 'Personally, I thoroughly enjoyed the day learning about everything to ensure a safe future life for ourselves with the highlight of the enrichment day being the official talk by Kenward Trust, which was based around the awareness of drugs and what harm it may cause us if we take these horrible substances. The Kenward Trust did an excellent presentation explaining the extreme jail sentences that we will have to face if we either possess or take drugs such as marijuana, opium,

methamphetamine and cocaine. Andy showed us the dramatic effects of these substances on our body and how they are able to severely deplete our health with only a single use.'

Cameron Thomson S9 also enjoyed the day: 'On the PSHE Enrichment Day I learnt a lot of useful things about how people deal with prison and rehab and being poor. I especially liked Nick's talk to us about knife and gang crime as it was very engaging to hear what he had experienced. They discussed a lot about what dangers there are and what happens to you if you are found doing drugs or carrying knives. The key messages of the talks were not to take drugs, and to reconsider our attitudes towards the poor and what they go through. Personally I took away the thoughts of the real people and how they coped with difficult situations.'

We would like to thank all the organisations who volunteered to run sessions with Year 9, and further the students understanding of the wider world and the potential consequences of their actions. The day was a huge success and we look forward to running it again.

Year 9 and 11 students have participated in the House Sports competition so far this year. The results of the team tournament can be seen below.

Year 9 House Sports Day - 2nd October 2018

- 1st- Sadler
- 2nd- Fisher
- 3rd- Broughton
- 4th- Hazlitt
- 5th- Wilberforce

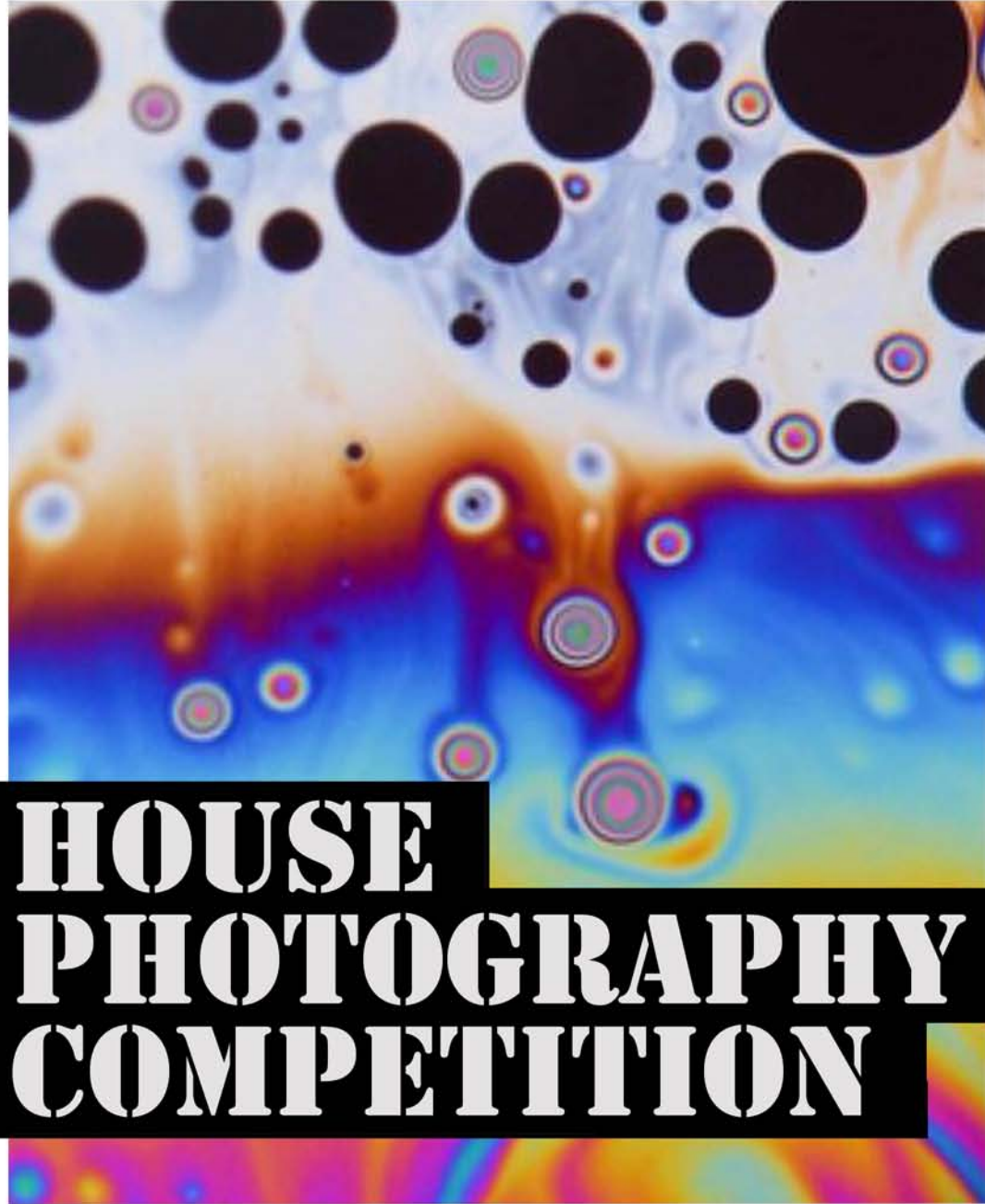
Year 11 House Sports Day - 19th September 2018:

- Wilberforce- 12 (joint 1st)
- Sadler- 12 (joint 1st)
- Hazlitt- 8 (4th)
- Broughton- 9 (3rd)
- Fisher- 6 (5th)

## House Sports Results







# HOUSE PHOTOGRAPHY COMPETITION

The Art Department is running a Photography competition for houses to compete in.

The topic is THE SCIENCES. For each science we have selected a theme that you must use to illustrate that science:

Physics is Light  
Chemistry is Reaction  
Biology is Species

Winners will be selected by the Science Department, and their work displayed in the Science Block.

**CHOOSE  
YOUR THEME**

**TAKE YOUR  
PHOTOGRAPH**

**WIN THE COMPETITION!**

**TO  
ENTER  
THE  
COMPETITION**

1. Take your picture in JPEG format –
2. Save it and name the file with your name, form and year e.g.– JohnSmith-10T
3. Upload your picture to the student shared area in the Art Folder
4. In the Art folder find the House Competition Folder
5. In the House Competition Folder find your House Folder e.g. Sadler, Wilberforce etc.
6. Save your image in your House Folder