



# High Flyers



To seek, to learn, today...to shape, to lead, tomorrow

Spring 2022 Highsted Grammar School Issue 9



## Beijing Olympics 2022



### Also inside this issue:

Fascinating Creatures: The Blobfish



### Competitions:

Portrait Competition  
Maths Challenge

1-	6×	2×	
			2+
3+	7+		
	12×		

### DIY:

Carrot Cupcakes





# Contents



Welcome to our ninth issue of High Flyers. This term the Highsted Virtue we have been looking at is 'Curious'.

Which subject inspires you to unlock your potential?



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			2+
3+	7+		
	12×		





# Sports: Winter Olympics Beijing 2022



Having won the bid for the 2022 Olympic Winter Games, Beijing in China is set to become the first city in the world to have hosted both the summer and winter Olympic Games. In July 2018, the IOC announced changes to the program for the 2022 Winter Olympics as part of a goal to increase the participation of women, and appeal to younger audiences. The Winter Olympics will include a record 109 events over 15 disciplines in seven sports., from skiing to tobogganing, figure skating to ice hockey.



Winter sports can be very exhilarating. Bobsleigh is a team winter sport that involves making timed runs down narrow, twisting, banked, iced tracks in a gravity powered sleigh. Speeds may exceed 120 kilometres per hour (75 mph).

In contrast there is Freestyle skiing comprising aerials, moguls, cross, half-pipe, slopestyle and big air as part of the Winter Olympics. It can consist of a skier performing aerial flips and spins, and can include skiers sliding rails and boxes on their skis.

So what are you waiting for, it's time to get your skates on. There are local places where you can try winter sports. You could go to Chatham Snow Centre and try out skiing, snowboarding, snowtubing and tobogganing. Or you could head to Planet Ice in Gillingham and give ice skating a whirl!

## Here are some amazing British athletes to look out for this Winter

### Lamin Deen



The 40-year-old bobsleigh veteran almost retired after a poor performance in the last Olympics. But boosted by a retrospective World Cup gold medal and the addition of long-jump star Greg Rutherford to his team, Deen suddenly finds himself with renewed hope of a medal charge in China, on a track that should prove to his liking.



Kirsty Muir, is a Scottish freestyle skiing star who has enjoyed a glittering junior career, picking up two medals at the 2019 World Championships in Sweden, before also winning silver at the 2020 Winter Youth Olympics in Lausanne.

Laura Deas claimed skeleton bronze on her Olympic debut in South Korea in the 2018 Winter Olympics. Deas joined teammate and gold medallist Lizzy Yarnold on the podium, the first time Great Britain had won two medals in the same event at an Olympic Winter Games. Deas started skeleton back in 2009 through the UK Sport talent programme, Girls4Gold, inspired by the idea of one day competing at an Olympic Winter Games.

Unscramble the letters to find the words in our

### Winter Sports Anagram

Hidden word (circled letters)

□ □ □ □ □ □ □ □



- srawbnood \_\_\_\_\_
- egul \_\_\_\_\_
- ksigatn \_\_\_\_\_
- nibathol \_\_\_\_\_
- hoꝿcek \_\_\_\_\_
- ingksi \_\_\_\_\_
- rgicunl \_\_\_\_\_
- sntoelek \_\_\_\_\_
- tsosrp \_\_\_\_\_
- almd \_\_\_\_\_





# Mental Health Week



This year's theme for Mental Health Week is **Growing Together**. Sky Brown, Team GB's youngest ever Olympian medallist at 13 years old shares her story.



**When you were a child, did you dream you would get to where you are today?** No! This is such a dream! I always loved to surf and skate but I never thought I would be where I am now!

**Has the journey been smooth or have there been obstacles along the way?** I've

always been skating and surfing for fun. There have been obstacles like getting hurt, but I keep doing it because it's what I love.

**How did you cope with setbacks and disappointments?** It inspires me to keep going. I want to show other people that you can just go for it no matter what!

For Sky's full story and other Growth Stories follow the link:

[Growth Stories - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)



**YolanDa Brown**

Saxophonist, composer, broadcaster and Place2Be Champion, known for her work on CBeebies.

WATCH NOW



**Mandip Gill**

Actor, known for her roles in Doctor Who and Hollyoaks.

WATCH NOW



**Andy Lewis MBE**

European, World and Paralympic Champion, youth mentor, and Place2Be Champion.

WATCH NOW

**Challenge: consider how you have grown and how you can help others to grow**





# Biology – Fascinating Creatures

## The Blobfish

# Discover

### Fact file:

Life span : unknown for sure (estimated 120 years)

Length: 28.5 cm (known specimen)

Carnivore: diet of molluscs and crabs

Location: Atlantic, Pacific and Indian Ocean

Depth: Found between depths of 100m-2800m.

Voted the worlds ugliest animal in a 2013

Credit : The Guardian



Blobfishes are found in the Atlantic, Indian and Pacific Ocean, far beneath the depths of the ocean's surface. They are bottom dwellers, moving slowly along the seafloor to source their prey, crabs and molluscs. Very few specimens exist. The image shows 'Mr Blobby' nicknamed by the crew on board the RV Tangaroa, who discovered the Blobfish in 2003 off the coast of New Zealand, when trawling between 1013-1340 metres. The specimen is now preserved in a museum in Australia. Their gelatinous body enables them to survive the extreme pressure, experienced at the depths of the oceans that would crush human organs.



### FURTHER QUESTIONS

Scientists are still trying to determine....

How long does the fish live for?

How does it reproduce?





Year 7 started their art lessons in September with their first major project, focussing on self-portraits, which ran until the Christmas break. During that time the students learnt about drawing the proportions of the face, focussing on the different shapes and the features of the face, creating texture through mark marking, learning how to mix and apply paint to their work as well as learning about a range of different artists. The students made the project personal by creating an 'All about me' page, where they collected primary and secondary images telling a clear story about their interests and hobbies. Lastly, the students created an A3 final piece, based on their development of ideas in their sketchbook.



I am sure you will agree that the results are excellent and show good proportion and painting skills.



This is what some of the students said about their projects:

"It was an extremely fun experience to do the self portraits, you could make it on things that are personal to us – I really enjoyed it!"

"I have enjoyed using watercolours. I have enjoyed the contrast in colours and in techniques."

"My art really developed and when I drew an eye it used to look a bit odd but now it looks a lot better."

"I liked how there were so many options and you had complete control on the design. "



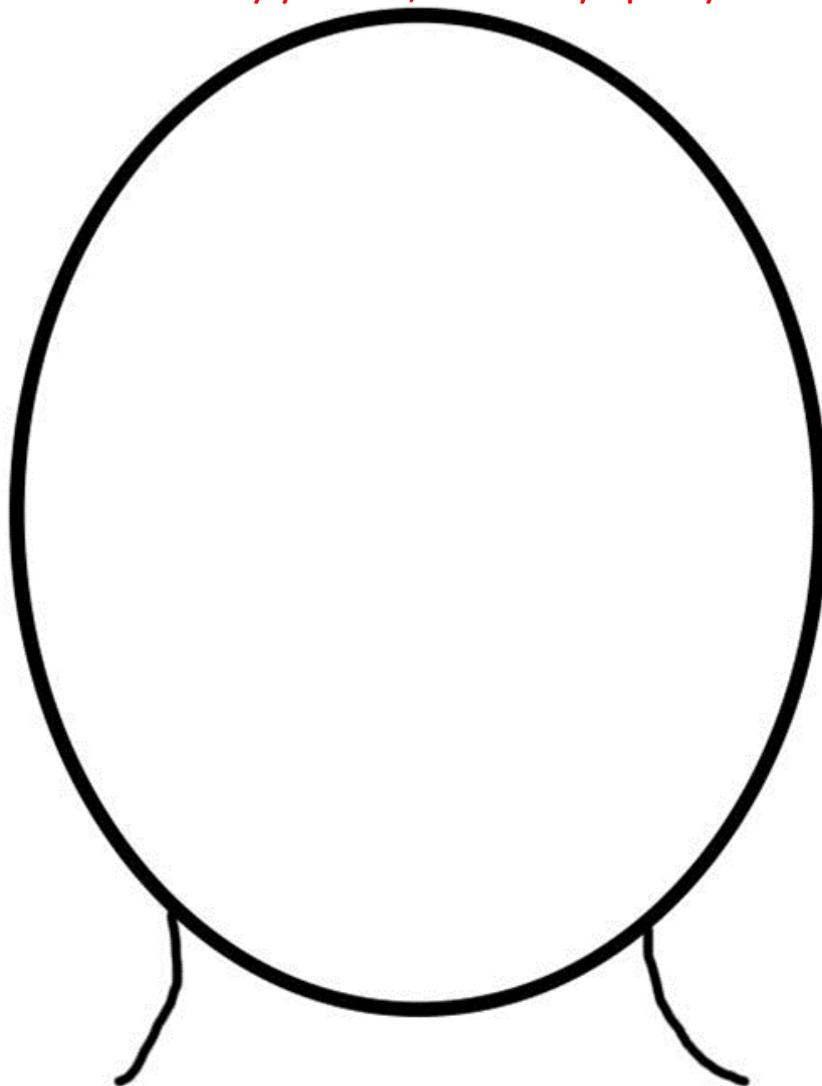


# Art: Year 7 Portraits



Why don't you have a go at creating your own self portrait?

You could use the template below to help you, create your own one or draw it free hand by yourself, it's totally up to you!



My name is

Send your entry to:

ks3@highsted.kent.sch.uk by the end of term  
Place in the subject box: All about me!

Include:

Your name  
Your age

Your primary school





# Music: Secret Musician

## Secret Musician

How would you describe your job?

Entertaining! (I am an instrumental teacher)

Which instrument do you play? Guitar, drums, piano, banjo, ukulele, bass guitar, singing

How old were you when you started learning?

5 years old

What did you enjoy most about learning to play?

Jamming with my dad

How did you train for your career?

Took grade exams during school then studied for a music degree. I played in lots of groups since age 11

What is your favourite piece of music?

Metropolis part 1 by Dream Theatre

Your top tip for young performers?

Practice!

Don't care about what other people think, enjoy it!

Can you find a recording by The Big Ben Banjo Band, who were very popular in the 1950s?

Could you use the information below to create your own rhythm pattern?

Have you considered learning to play an instrument?

Welcome to the Music page. Here you will learn about careers in music, unusual instruments and some of the signs and symbols that enable musicians from around the world to communicate through the universal language that is Music.

## Lesser spotted instruments...

### The Banjo

Habitat: these can be found in folk and tradition music, as well as in some pop music

Played: by picking or strumming the strings

Looks: Easily identified, nothing looks quite like a banjo (apart from a Uke banjo) There are four or five stringed versions, making the necks different but the body remains largely the same.

Sounds: the banjo has a clear and loud tone.

Claim to fame: Mumford and Sons used a banjo in their debut album, catapulting the instrument back into the spotlight.



Term	Symbol	Value
semibreve		4 beats
minim		2 beats
crotchet		1 beat
quaver		1/2 beat
pair of quavers		1/2 + 1/2 = 1
semiquaver		1/4 beat
joined semiquavers		1/4 + 1/4 + 1/4 + 1/4 = 1

### Musical signs and Symbols

## Rhythm

Did you know...

Rhythm is the pattern of longer and shorter notes within every piece of music

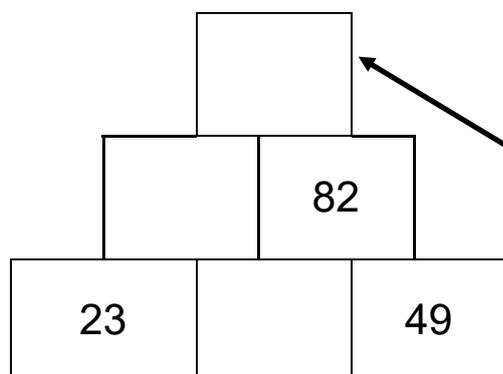
Rhythm is written down using a system of symbols

The time signature tells you how many beats per bar





# Maths: Challenge



## Reach to the Top

Each block is the sum of the two blocks it sits on.  
Work out the missing values.

**Crack the Code**— Answer the questions below. Match your answer up with a letter to spell out two words.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

- Four squared.
- A prime number whose digits add to make 3.
- A two digit number where the second digit is triple the first digit. Both digits are even numbers.
- Halve the number of weeks in a year.
- One fifth of 60.
- 50% of 10
- A prime number whose digits add to make 10.
- A quarter of 60.
- The total number of legs on 3 horses.
- $20 \times 1.1$
- The number of angles in a pentagon.
- The number of sides in a trapezium.

## Mathdoku

1-	6×	2×	
			2+
3+	7+		
	12×		

**Mathdoku Challenge:** Complete the four by four grid so that the numbers 1, 2, 3 and 4 appear only once in each row and only once in each column. The grid is divided into outlined regions called 'cages' which have a given operator and target number. The numbers in the cells of a cage must produce that target number using the given operator. For example, if a cage of three squares has '12x' in the corner of one of the squares, it means that the three numbers in that cage multiply together to make 12.

Send your entry to:

ks3@highsted.kent.sch.uk by the end of term

Place in the subject box: Maths Challenge!





# Answers to Maths Challenge 8–

## Featured in Issue 8 of High Flyers

### 12 Days of Christmas

For each day, find the correct expression to represent the number of presents received on that day.

### Answers

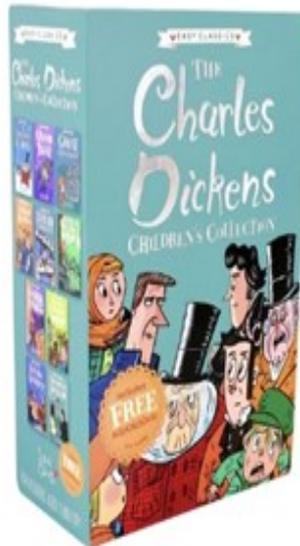
On the 1st day, my true love gave to me ... $n$ presents.	$n$
On the 2nd day, my true love gave to me ... half as many as the 1st day.	$\frac{n}{2}$
On the 3rd day, my true love gave to me ... double the number on the 1st day.	$2n$
On the 4th day, my true love gave to me ... two more than the number on the 1st day.	$n+2$
On the 5th day, my true love gave to me ... two less than the number on the 1st day.	$n - 2$
On the 6th day, my true love gave to me ... two subtract the number on the 1st day.	$2 - n$
On the 7th day, my true love gave to me ... six more than double the number on the 1st day.	$2n + 6$
On the 8th day, my true love gave to me ... six more than the number on the 1st day, times two (two expressions).	$2(n+6)$ $2n + 12$
On the 9th day, my true love gave to me ... the square of the number on the 1st day.	$n^2$
On the 10th day, my true love gave to me ... three times the number on the 3rd day, plus four.	$6n + 4$
On the 11th day, my true love gave to me ... seven minus the number on the 4th day.	$5 - n$
On the 12th day, my true love gave to me ... five plus half of the number on the 1st day.	$5 + \frac{n}{2}$





"I am a huge fan of Charles Dickens. I have read *Great Expectations* four or five times, the first time when I was in Year 9, and I love it because it was the first 'grown up' book I decided to read on my own. I'm not sure I understood all of it, but I loved the storyline, and the atmosphere, and the humour. (Dickens is a very funny writer.) Every time I've read it there have been new things in it for me. That's the brilliant thing about classic books - they seem to grow with you..." Dr Gardiner.

After reading Dr Gardiner's fine review of Charles Dickens' *Great Expectations*, I got to thinking about the books we still love to read. My son (he's 9) is just working his way through a box set of Charles Dickens books that have been rewritten for younger readers (something to recommend if you have a younger brother or sister) and he is thoroughly enjoying the stories. I am also enjoying hearing about them! I still vividly remember reading 'The Silver Sword' (reviewed below) when I was in Year 7 at Highsted. The story has stayed with me for a very long time, and I can't wait for my son to be old enough to read it too. Year 6 for that!

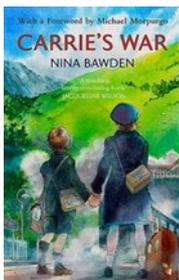


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Have a think about the books you are reading. Would you like to widen your horizons? The website linked at the end of the article is great for ideas. You could also visit your school library, if you have one, or the library in Sittingbourne, where there are thousands of books you could try. Until then, here are some recommendations that have stayed with me.



A classic story of adventure and loss. Three children and their mother leave their life in London to live in a small cottage in the country. Will they discover the mystery of their father's disappearance?



Carrie and her brother Nick are evacuated to Wales to live with the strict Mr Evans. When Carrie visits Hepzibah Green she does perhaps the worst thing imaginable. How can she make things right?

Separated from his parents in Poland in World War Two, Jan and his three friends travel through war-torn Europe to Switzerland with only a silver sword for protection. Will he find his parents?





### An epic story of friendship and imagination

Immerse yourself in the famous tales about Pooh and his Forest friends. Discover what happens when Pooh goes visiting and Piglet meets a Heffalump, not forgetting when Eeyore loses his tail and Pooh finds one!

Winnie the Pooh was inspired by a female black bear that lived in London zoo. Milne's Son Christopher Robin was a frequent visitor for Winnipeg. This inspired Christopher Robin to change his own bears name to "Winnie the Pooh".



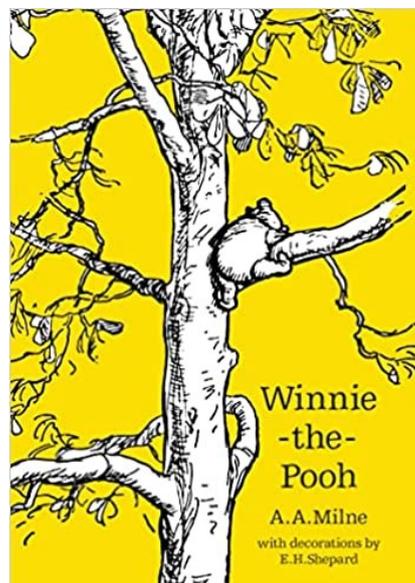
"Sometimes the smallest things take up the most room in your heart"

"I wasn't going to eat it, I was just going to taste it"

A.A. Milne was born on the 18th January 1907 (it would have been his 140th birthday this year!)

Milne served in the army for WW1 and as a captain of the British home guard in WW2.

Milne's son is the real life "Christopher Robin". Milne based his Pooh stories on the adventures his son had with his teddy "Winnie".





## CARROT CAKE CUPCAKES

### Ingredients

150g margarine

250g carrots

200g sugar

200g flour

1 1/2 tsp cinnamon

2 tsp baking powder

2 large eggs

125g sultanas

50g nuts

### Method:

Preheat the oven to 200°C/gas mark 6/fan 180°C.

Melt the margarine in the microwave.

Top and tail, then peel and grate the carrots.

Combine the carrots, sugar and margarine in a bowl.

Sift in the flour, cinnamon and baking powder.

Beat the eggs in a small bowl and then add to the mixture.

Also mix in the nuts and sultanas.

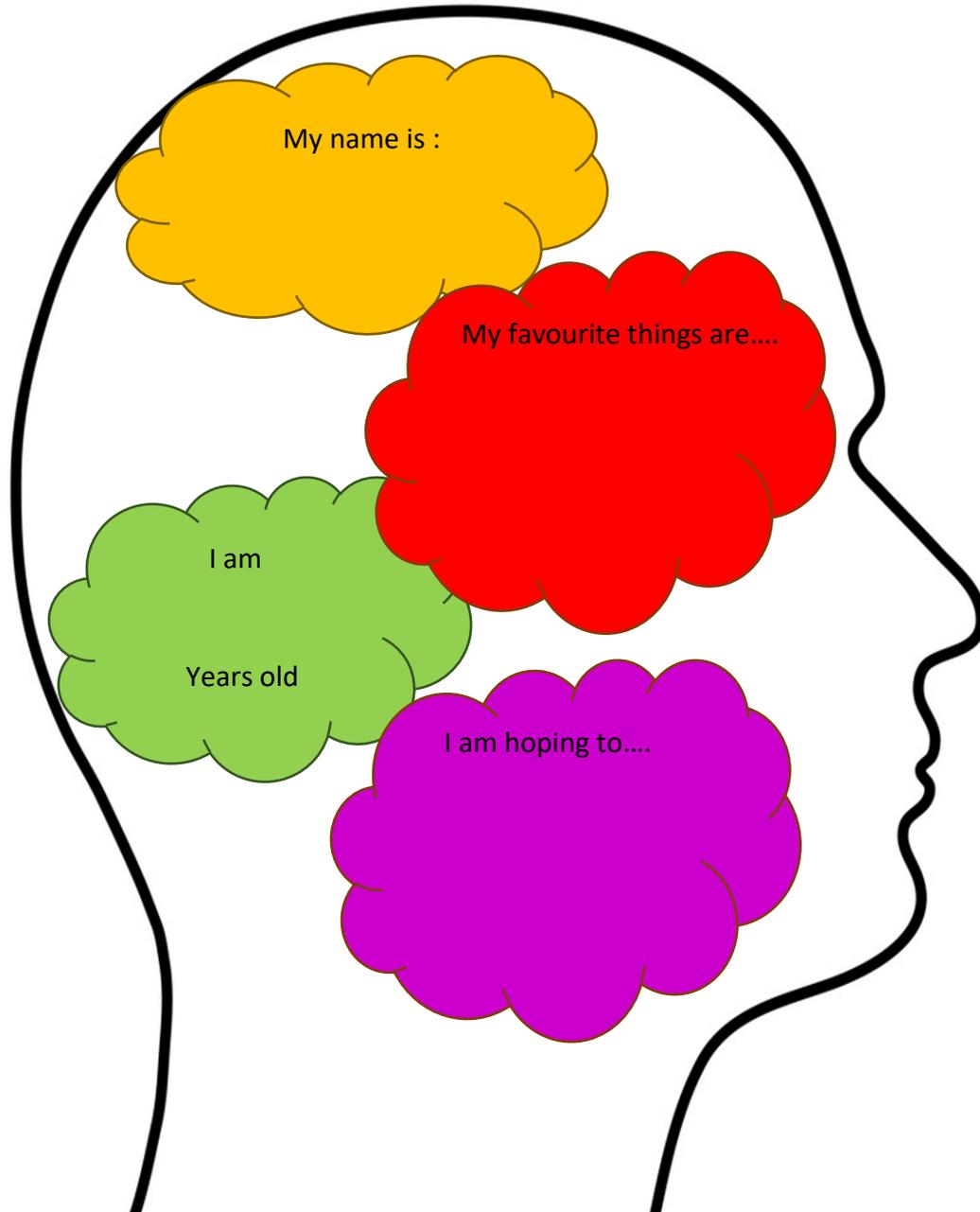
Line a muffin tray with 12 muffin cases and divide the mixture equally between them. Bake for 20 minutes.

Enjoy your cupcakes!





# Mental Health Week: Activities: All about me!



For fun I like to:

I'm really good at:

If you are struggling for ideas, ask your friends and family what they think you are good– think about your proudest moments!





# Mental Health Week: Activities: All about me!



Think about what you like or what you are good at.  
What makes you unique? What makes you who you are?  
What do you like about yourself?  
Highlight the ones you can relate to add in your own

Chatty

Resilient

Positive

Organised

Friendly

Quiet

FUN

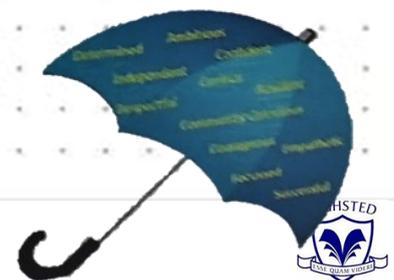
OUTGOING

Kind

ADVENTUROUS

Sporty

ARTISITIC



You could consider the Highsted Character Virtues



## Acknowledgements



*Proud to be  
me*

**Congratulations  
Nancy Brobyn-Ross  
Minterne Junior school**

High Flyers was produced by Highsted Grammar School to inspire Key Stage 2 students in local primary schools to develop a passion for learning across the curriculum.



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