

So Much Sporting

It's been extremely busy over the past couple of terms with fixtures in the PE Department. In fact so much has happened I will struggle to fit it all on this one page.

On 15th January the yr 7, 8 and 10 badminton teams went to Branston to play another of their winter league matches. The boys faced some very talented opposition, and unfortunately did not come out with the wins they hoped for. Struggling from the results in their singles matches, 'They didn't lose, they learnt', and the boys did just that; they improved as the night went on and took some new ideas into their doubles matches. Yr 8s Morgan Gooch and Mani Moodley played a closely fought game which ended 21-19 in Branston's favour, and Yr 10s Ashton Toplis narrowly missed out at 22-20.

The Badminton team played another league match on 1st February away at Queen Elizabeth's High School. Most games were closely contested and challenged the opposition in every point. Pembroke didn't manage to win the overall fixture, but there were some really promising performances on the back of a difficult trip to Branston mentioned above, seeing 5 match wins which contributed to missing out only narrowly on the final match result. Jack Searston 21 vs 11 QEHS; Jack Searston 21 vs 18 QEHS; Morgan Gooch 21 vs 9 QEHS; Mani Moodley 21 vs 19 QEHS; Morgan/Mani 22 vs 20.

Before Christmas some of our students tried a new sport, and competed in a School Games event. Our 3 Boccia teams played in the next round in the county final on 22nd January at St. Georges. It was great to see our students thrive in competition and display team work. Representatives from the governing body were at the event, and were impressed with the sportsmanship, etiquette and team work from Pembroke – awarding us with the 'sporting values award'. Pembroke B Team came home with 3rd place medals!

The yr 8 boys participated in a Basketball tournament in Gainsborough on 29th January against schools from the district. There were, as expected, some very talented boys taking part, but ours gave it a good go. The first game was a close and cagey, one which ended 1-0 to TGA. Pembroke struggled to score a basket in the first 3 games but finally gained the confidence and scored through Mikey Stepniewski against LSST in the final game. I must add that our boys were as ever the first to chase the opposing team for a hand shake as they walked off – good sportsmanship shown!

The yr 7 girls took part in a School Games indoor Futsal tournament on 29th January, playing against schools from Gainsborough and Lincoln. The girls were on the back foot early on in the first game, conceding goals early on, but they went into the second half a lot more competitive (it was all my team talk really), and eventually scored a goal through Ruby Carter. They went into the final game with a lot of confidence after this goal, and managed to score early on to make it Pembroke 1-0 TGA. Our girls gave it a good team effort, tracking back after they'd lost the ball defending for their lives with Isabelle Lambing as an absolute no nonsense centre half! They went shoulder to shoulder with the opposition right to the end, but unfortunately couldn't hold on for a win. Final score Pembroke 1-1 TGA. All were buzzing afterwards and went away feeling a huge sense of achievement.

On 4th February the yr 7 & 8 boys football team played a home match here at Pembroke against Branston Community Academy, with the visitors bringing along a strong team of 18 players. It was a cagey start, but a solid one, and we made life difficult for Branston from the whistle. Playing some nice football in the midfield between Mark Bennett, Morgan Gooch and Josh Smith, opportunities opened up, and began to create goal scoring chances for the front three of Seb Di Maro, Harry Fisher, and Taylor Beckham. Chances came but were not taken. It was towards the end of the first half that a goal came. A ball eagerly chased down by captain Harry Fisher was slotted home to make the score Pembroke 1-0 Branston at half time!!

The second half started and experienced two quick injuries close to the start. This put us on the back foot for a short period. Branston began to get a hold of the game a bit more and forced an error in the back four to make it 1-1, and shortly after, 2-1 to the visitors. Our boys didn't seem deflated though, and continued to passionately dig deep and battle shoulder to shoulder for every ball. For the last 10 minutes our boys really wanted it, it was all Pembroke! A late free kick was struck goal bound by Josh Smith but was miraculously saved onto the bar by the Branston keeper. Chance after chance came our way, but could just not find the final product. A frustrating finish, but a very competitive game. Again, better performances coming each time they play. Final score – Pembroke 1-2 Branston

On 12th February the same football team played another league match away at Priory Witham Academy and came home with the 3 points winning 8-1! A brilliant result for the boys with a huge confidence boost. Goal scorers: Taylor Beckham x2, Mark Bennett x2, Harry Fisher x2, Mikey Stepniewski x1, Josh Smith x1 (Man of the match). Wow!



Courage This Time!

On Monday 18th March, the u15 boys Handball team played in the County Cup they qualified in back in October. Involved were some of Lincolnshire schools big players – King's Grammar, Carres Grammar, Bourne Grammar, Skeg Grammar, Louth, QEHS, Branston. Starting on the back foot after a loss to Branston (who went on to win the Cup), our boys put in a solid team performance to win convincingly by scoring 5 goals against Louth. Going into the last game of the group stage, it was a game against Skegness Grammar that would be the decider. A passionate performance saw us come back from a goal down to win the game. Pembroke had made it into the semi-finals of their first ever County Cup Final! Unbelievable Jeff!!! Absolutely buzzing! Pumped for the semi, we could get a medal here boys! The fixture had Pembroke vs King's, which from the whistle was a physical and aggressive match up. Our boys were organised and battled for every ball, scoring 2 early goals, but a couple of mistakes in defence saw us go 4-2 behind. This wasn't it though, we weren't having that - us handballers #achieve together! The boys revved each other up and you could see how desperate they were for a place in that cup final, organised in defence, backing each other up by putting courageous, physical tackles in, determined to not let the King's players through our all. There was a massive sense of urgency, and the passion did pay off. Two goals from Ashton Toplis and Reiss Edwards saw Pembroke brought the scores level to 4-4! The whole sports hall went crazy. A euphoric moment for us. Even the teams already knocked out were involved and it became a massive stage for our boys to be in the spotlight. Unfortunately we conceded a 5th goal late on, which saw King's go through, but we still had heads held high after the most passionate performance I'd seen from any team all day. Our boys were ready for the Bronze medal match against Carres Grammar School. The Carres lads looked a strong outfit, but we immediately matched them physically. Solid in defence, we put bodies on the line for every ball. Chance after chance came our way but agonisingly could not find the goal we needed, and unfortunately lost the match 1-0.

As much as I thought they deserved one, the boys didn't come home with a medal, but I'd said it passionately to these boys the inner sense of collective achievement is greater than the tangible reward. These boys now have had a massive confidence boost. To reach a county final in the first place was an incredible achievement back at LSST in October, and to match the most competitive schools in Lincolnshire and finish 4th overall in the county is an outstanding effort. All they want now is more Handball! An effort we should all be proud of!

Mr C. Selby

Our year 7 and 8 sports leaders underwent some training on how to organise and deliver a sports event around SMILES (Safe, Maximum Participation, Inclusive, Learning, Enjoyment, and Success). This was to prepare them for future sports events that will take place at Pembroke. These students are now part of the Lincoln & Gainsborough Leadership Academy and can be asked to volunteer at any School Games sports event across the county #passion #courage

We were delighted to offer our facility to train 12 primary staff in order to develop their skills in delivering cricket this summer. We look forward to seeing those schools at our cricket competitions this year #wisdom

We were honoured to welcome back Sam Ruddock for a second year at Pembroke to work with our students for a day. He worked with many students across various year groups linking to his journey past and present. Our students were certainly inspired by his achievements and made us think about what we can achieve when we persevere #courage #curiosity

So far this term we have hosted several School Games events including a KS2 Lacrosse development day which saw several schools take part in a range of skill based activities followed by a competition. Our KS1 multi-skills festival welcomed 240 children from local primary schools to enjoy a day of fun activities. We also hosted a New Age Kurling and Goalball competition where the qualifiers are invited to represent the area at the Lincolnshire School Games Finals this summer #passion #curiosity.

Mrs M. Manby



Primary Support #achieving together

It is always a busy few months between each edition of the Pembroke Press in our local primary schools. Since January we have had the pleasure of working with year 5&6 students from Cherry Primary, year 5's from Carlton Academy and Reepham Primary School.

Young Cherry students have been up to the Pembroke Science labs to learn about the heart and to do some dissecting with Mrs Pickersgill our Lead Practitioner of Science. They have also had some year 10 students visit them to do some textile weaving and making mini Mochila bags, with a focus on hand to eye co-ordination skills.

Reepham year 5 were also studying ancient South American with a focus on the Mayan tribes. Through several trips to the Pembroke Art room they were able to focus on skills they don't always have the opportunity or time to engage with. They came and made Mayan coil pots which were fired and taken back to their school to paint. Five weeks of hard work on Wednesday afternoons, saw them all measure, draw and construct a net, then decorate their own Mayan tribal headdress which students wore in a Samba performance during their PE lessons. I also visited Reepham year 3&4 students to deliver a figure drawing lesson, where we drew quick proportional sketches of each other in funny standing positions. Carlton Academy are visiting us on April 4th for a similar themed taster day where they will have dance, music, science and art lessons.



However for now, I am seeing them in small groups on Wednesdays, with the help of a Pembroke Art Ambassador each week to deliver a CAM making workshop to help with their technology curriculum & measuring and cutting skills.

We also held our first Harry Potter Book Night – which is a national event each year on 7th February. We invited year 5, 6 and 7 and put together a fun evening of Hogswart activities. The young witches and wizards were on arrival sorted into their houses via a colourful cookie. In these teams they took on the Hogswart quiz and those questions were challenging – you had to be HP obsessed to know the answers. After that and whilst year 11 helpers marked the answer sheets; each house was led round four different HP activities. They played Quidditch in the Sports Hall, made blue flames in jars like Hermione in Science, created fantastic beast Nifflers in art with socks, rice and felt; and finally enjoyed the new Reading Room with Mrs Coggan who introduced them to magical poetry and a range of books. We are working hard with our primary schools to support their curriculum and promote our academy and looking at the potential year 7 applications for next year, it's certainly working!

Miss C. Neal



So Much Curiosity About Careers

On a bright breezy day in February, just before half term, our courageous Year 11 students took on the challenge of mock interviews with representatives from local employers and colleges. Staff from Lincoln College, The Keyworth Centre, Siemens, The University of Lincoln, EBP and The Armed Forces generously gave up their time to support Pembroke students with their first taste of a real-life job interview. Students' were interviewed by a company aligned to their Post-16 interests to make the experience more meaningful. The Year 11s were given the option to come in business wear and they all looked very smart indeed! After weeks of preparation, including practising interview questions with each other, the students performed amazingly and several were given contact details from



employers to keep in touch. It was a stunning testimony to the professional attitude and passion of our students that the day was such a success. One employer commented: "We thoroughly enjoyed ourselves and we were both very impressed with the students, I only wish there had been some support like that back in my day! It was nice to be part of a warming environment and we felt very comfortable from the start."

Witham Priory Academy held a Careers Fair on the 19th March and invited all of Pembroke along. We took everyone from year 7 to year 10 (Year 11 were busy preparing for the all-important mock exams so needed some peace and quiet). We travelled down to Witham on a coach, generously provided by LinHigher – an organisation who support students with careers choices and to look beyond college and sixth form to university level qualifications. With so many Pembroke students on the move it was a military operation, but as there were over thirty employers represented at the Fair including: Siemens; Lincoln City Football Club; the Armed Forces; The university of Lincoln; Bishop Grosseteste university; Lindum Group; NHS Lincs talent Academy; Bransby Horses and Riseholme and Lincoln Colleges – we thought it was well worth making the trip down there. Students had the opportunity to consider what questions they could ask the employers before they went, and their curiosity came up with some amazing answers from the employers, as well as the chance to get lots of free pens! One Year 8 student took great pride in showing off the five pens he had collected and reciting off what each of the companies did – none of who he'd heard of before. There were lots of practical activities to get stuck into from hairdressing to building and all our students came away having learnt something about future careers. One student summed up the event perfectly: "There's so much choice now, much more than what I thought. I need to do some more research!"

Mrs A. Doughty



Curious About Our Cultural Capital



On 24th January students in years 9 & 10 who studied either GCSE Triple Science or GCSE Art & Design, went to London to learn outside the classroom, contribute to coursework and to experience "cultural capital". Leaving Newark Train station on the 9:17am train, the students were already extremely excited as most had never visited London before, let alone seen the sights or travelled on the Tube.

Upon arrival at Kings Cross, we rode the tube to Piccadilly Circus where we were booked in to see the incredible Bodyworlds exhibition, put together by Gunther von Hagen. Real human bodies had been donated in order to amaze and teach us all about the wonder of what lies beneath our skin and how it functions as the most incredible machine. We were all a little apprehensive about what to expect inside... Would we feel nauseous? Would it be gory? What is was, was phenomenal!

Curiosity seeped from everyone including Mrs Pickersgill and myself. Never have I learned so much about my body in one day. Wow! What we saw was mind-blowing and so hard to put into words. All the students had an audio guide which talked us round every single exhibit. We saw the nervous system extracted from the spine and our flesh pinned out on its own and it is the most beautiful tree root like image you have ever seen. We were all astounded by the bloody vessel configuration of the head! Liquid plastic had been injected into the blood vessels of a human head and then somehow extracted so what was left was like a drawing of a face made from thin red cotton thread – it was truly beautiful to look at and yet amazing to see just how many are in our face and head.

After we had all been blown away, it was lunchtime and yes MacDonaldis was needed. Once everyone had eaten their weight in burgers and chicken nuggets, we set off again for the Natural history Museum. Here the art students were photographing and drawing the vast array of things relating to their project 'beneath the surface', whilst the science students studied the evolution of joints in various skeletal creatures on display.

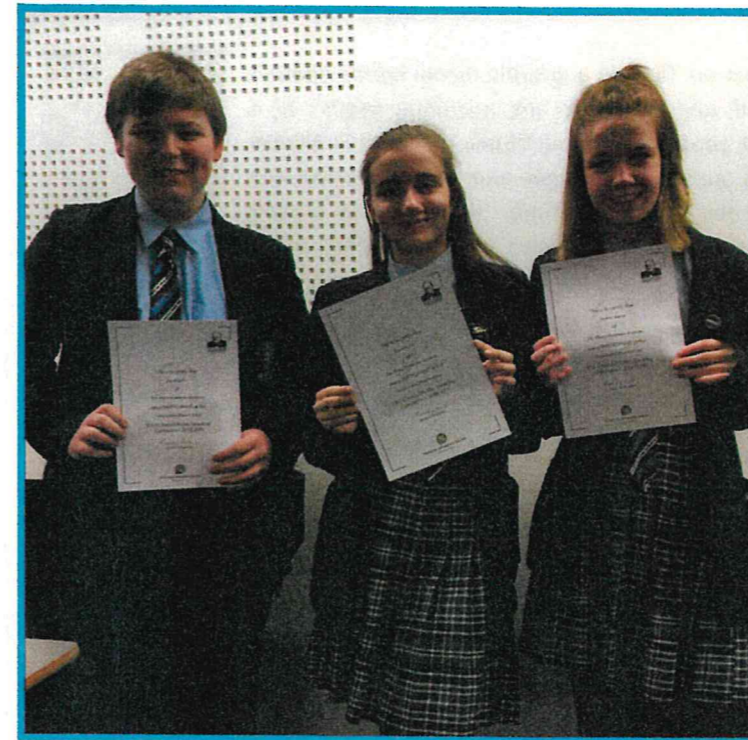
We wanted to get some of the cultural excitement of London into our day too. We visited Covent Garden & Leicester Square where we watched street performers, went into M&M world, ate more and enjoyed soaking up the chilly atmosphere of our Capital City.

Upon return to the station – yes more food was bought and consumed (I don't know where they put it?) and a rather tired bunch of students and staff travelled back to Newark. A truly fantastic day was had by all and the students thanked us for putting the day together for them.

Miss C. Neal



Courage With Wise Words



On 6th February three of us took part in the English Speaking Union Public Speaking Competition, and it was a really interesting experience. Jacob Spurr, Hannah Fox and I worked hard on preparing for this event. Jacob was the questioner, I was the speaker and Hannah was the Chair person. I was up against Minster and I had to write and present a speech about gun laws and why guns are bad and constantly on the news. I was then thoroughly questioned about what I had said. It was an intense experience but gave us all an idea of how this type of task could link to a variety of jobs in the future. Hannah won the 'Best Chair Person' award which we were all really thrilled about. It was fun to participate in and has boosted our confidence too. I would definitely take part again.

By Sophie Aldred

Pembroke Academy entered the Magistrates Mock Trial Competition again this year, led by Mrs Pickersgill it was a huge success for me and my friends who got involved. It was such a huge confidence boost and already we are asking 'can we do it again?'

It took place on Saturday 16th March at Lincoln Magistrates Court. There were many different roles to take on which was great fun for those of us who enjoy a dramatic activity. Lara Brown was the Defendant, Sienna Taylor, Evie Linley and Scarlet Di Maro were the Magistrates, Bethany Henderson and Ebony Masters took on the part of the Defence Lawyers, Ehlia Brown was the Defence Witness, myself and Samara Rothen were the Prosecution Lawyers, Chloe Holland and Aaron Fox were the Prosecution Witnesses, Tyler Ayres was the Legal Advisor and Ellie Gooch took on the role of Clerk of the Court. We came back ecstatic! All of us said how much fun it had been even we won! We are back in action on 18th May with another case to examine. It was an experience to remember and we are all keen to have another go at arguing our case against other schools to win. Bring it on!

By Morgan Gooch

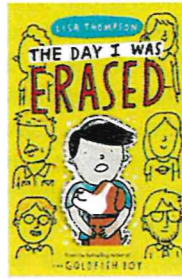


Generous in Sharing Books We Love

Our students have some recommended reads for you...

I recommend 'The Day I Was Erased' by Lisa Thompson because it is very exciting and you can never know what will happen next. This book will appeal to anyone who enjoys mystery and adventures. It is all about a boy called Maxwell who is erased from his own life by a magical egg music box that lives in his neighbour's cupboard. He is still there but his entire history and everything that he has done has not happened in this timeline. He wants to return to his normal life because he misses his dog (who we find out was saved by Maxwell on the road) and everything about his old life. Even his cranky next door neighbour.

By Amelia Houlden



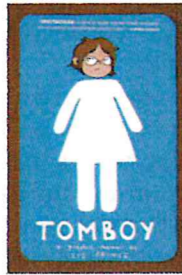
Attack on Titan is a graphic novel series about a world where humans are becoming extinct by a giant population called Titans. Each book always ends with a cliff hanger and the characters are well developed over time. It always has people thirsty for more. It always leaves questions to be solved which keep me reading.

By Oakley Hudson



Tomboy: A Graphic Memoir by Liz Prince, is an autobiographical graphic book about a girl who, ever since she was little, didn't want to dress or act like the other girls. She thought for a while that she might want to be a boy but as we follow her growing up and making a wider range of friends, she becomes happy in her own skin. I loved this book as it's quite personal to me and I related to her situation. I would recommend it to anyone who doesn't fit gender stereotypes. I also really liked the drawings!

By Chloe Barker



Special Force Cadets 1: Siege by Chris Ryan. I give this book 5/5 and recommend it to anyone aged over 11 who likes adventure and thrillers and is interested in the army. It's about a boy called Max and three others who are recruited by the Special Forces to carry out secret operations which adults couldn't do. My favourite bit is when they describe how they got rescued from a school siege. I'm looking forward to the sequel coming out in May!

By Luke Fletcher



Once and Then by Morris Gleitzman, are two brilliant books. They really prove and inspire that a person with literally nothing can grow up to be someone. They show the reality that people don't choose their religion, their appearance or their parents. Felix knew this. He knew the harrowing truth of the Nazis. He knew what they did to millions of Jews. He knew all this, yet did he give up? No, he didn't, and his ambition saved his life.

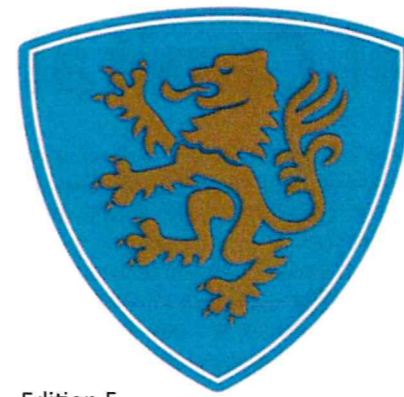
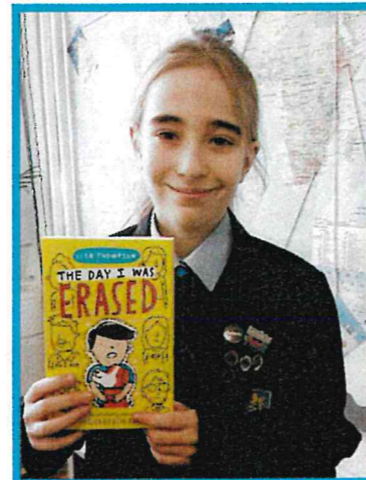
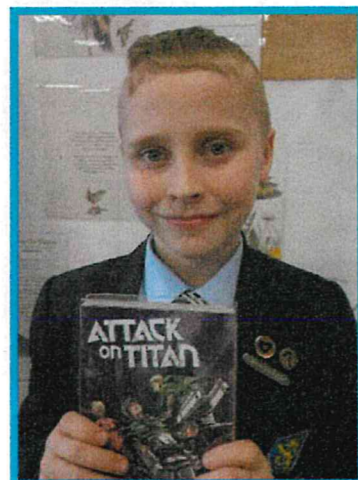
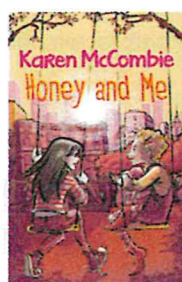
Whilst it's not one of 'those' stories, I think the moral of the novels is: don't let your problems define your fate.

By Lara Brown



We like Karen McCombie books because they have different genres such as action, thriller and mystery. One of our favourite books is Honey and Me. The reason we like this book is due to the fact that there's friendly relationships between different characters, but at home her family has a lot of problems happening that they need to overcome. This is inspiring because it suggests that one of your older friends are more trustworthy than newer ones. However, it's all right not to have the best of relationships at home. After Book Buzz at the beginning of year seven, we both began reading a lot more than we did at primary. Karen McCombie books got us both enjoying reading more.

By Isabelle Lamming and Erin Jesson



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Passion for Everyone's Well-being



Students need to understand and look after their mental health – just like we learn how to look after our physical health. Good wellbeing on leaving school has a much greater impact on life outcomes than exam success. The Well-being of our staff and students here at Pembroke is of utmost importance to us. Each module we calendar in a well-being activity to benefit everyone in the Academy: In September, we took the whole school out on a walk for Macmillan and returned to a lovely coffee and cake morning; in November, we had market stalls of fun for Children in Need, both events exposed our Pembroke community to smiles, laughter and conversation whilst raising our spirits and contributing to charity.

Since January we have had another two well-being activities to ensure both our staff and students are thinking about what types of things are good for our mental health. On 28th January we held a board games session and every form group and member of staff brought in games to play and this was just wonderful as staff re-visited what it was like growing up without technology, Our students engaged in fun, challenge, conversation with their peers and learning which wasn't lesson based. Most board games are designed to be played with a group of people, so having a regular group of people to play board games with helps stave off loneliness, and builds positive relationships with others, all things that are associated with good mental health.

It really was fun and is something both students and staff want to do again. Mr Evans brought in Dobble (a favourite of his 8 year old boys) and taught Mr Lawson how to play. Mr Bibby was taught how to play 'Black Jack' by year 8 boys. I played 'Who? What? Where?' with year 7's which really challenged my drawing skills as well as theirs and fits of giggles followed.

During the week of World Book Day in early March, we had a DEAR (drop everything and read) session every day that week. In today's world, we use escapism as a means to get away from our sometimes harsh reality. Reading books is one of the most conventional forms of escapism, transferring the reader away from mundane routine to an alternate existence. This retreat from everyday life certainly impacts on our individual mental health for the better. So at a different time each day, staff and students enjoyed shared reading together; from a short story read by everyone in school at the same time, to staff and students sharing their own books for 20 minutes a day. Modern-day society sees increasing pressures being imposed on people of all ages and from all backgrounds, with mental health issues becoming of utmost importance in the medical field. Here at Pembroke we are trialling termly well-being mornings to help keep everyone in the academy stress free and smiling. Through #achieving together we look after one another at Pembroke!

Miss C. Neal