

THE BOSWELLS SCALLOP



The Boswells School
Burnham Rd, Chelmsford, CM1 6LY

Welcome Back!

Hello, and welcome back! We are delighted to welcome everyone back to a new school year and a warm welcome to our new Year 7's and Year 12's. Following the impact the coronavirus pandemic has had on education for the last eighteen months, as a school, we are thrilled to be returning to a sense of normality. This term is set to be very exciting, with the return of the whole school production and the brand new 'Culture Week' set up by Deputy Head, Oli Headington.

Eloise Howell, James Russell, and Frances Hudson

This year at the Scallop, we are excited to present a new column where we interview one of our Sixth Form students to talk about their achievements outside of school. We recognise that it is also important to celebrate what students have accomplished outside of school, as these are equally important as academic excellence.

Interview With: **Matthew Gilbert**

As well as being our Head Boy, Matthew Gilbert also has an impressive array of achievements outside of school. He has been part of Cadets for four and a half years and is currently a Sergeant in his squadron. His duties include Flight IC, which means he oversees drill, dress, and discipline on flights. Matthew has taken part in a wide variety of activities while at Cadets including shooting, fieldcraft, and blank firing. He is also part of the London and Southeast Region Band and played in the Lord Mayor Show in 2018. As well as this, he also competes in foot drill and banner drill, which are choreographed sequences of movement.

Matthew has also been part of the Chelmsford Shotokan Karate Club for ten years. He currently holds a black belt first dan, and he is currently working towards his second. This includes learning more complicated movements, point sparring and katas (detailed choreographed movements).

In December 2020, Matthew applied for the Army Sixth Form Scholarship, which he successfully secured in August of this year, after undertaking a competitive application process that included medical and physical assessments at Westbury. He will receive a bursary while studying at university and will have a place at Sandhurst as an Officer when he graduates.

Eloise Howell

Year 13 Celebration Afternoon

On Thursday the 9th of September the year 13 celebration took place after having been postponed at the end of last year due to too many students having to self-isolate. The event was held to celebrate the end of year 12 and to acknowledge everyone's hard work in the year 12 mocks. Situated on the school field, students were treated to a crepe van serving a delicious range of crepes, from sweet to savoury. Pop music played in the background, and year 13s congregated in groups to chat with their friends. Some even partook in a game of rounders or even a game of football. The celebration was a huge success, and it is thanks to all the students and staff who helped arrange it.

Frances Hudson

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- Isabel Dunton
- Connie Threadgold

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Year 8 Advice to Incoming Year 7's

Starting a new school year can be nerve-wracking at any point, but it is especially intimidating when you are completely new to secondary school. In order to ease the Year 7's nerves, some Year 8's have come up with some helpful tips and tricks that they have learned over the past year to help the new Year 7's settle into secondary school and to make the most of their time at Boswells. Thank you to the Year 8's for their brilliant advice!

· Don't argue with the teachers and listen carefully- *Emily Yarnell*.

· Don't think you're instantly the best because it will make you look embarrassing. Get on the teacher's good side. Every teacher is a good teacher if you treat them right- *Charlie Beer*.

· Always be prepared for lessons with the correct equipment and make sure that you arrive at lessons on time and dressed smartly- *Georgina Hudson*.

Frances Hudson

Year 13 Advice to Incoming Year 12's

Year 12 is a huge step up from GCSE, and can be intimidating, so here are a few tips to help you navigate your new routine:

- *Make sure you are enthusiastic about the subjects you have taken.*
 - Whether you are taking specific subjects in order to pursue a certain career, or simply due to personal enjoyment, an incentive to do well will make any subject less onerous and will motivate you to put in maximum effort.
- *Take advantage of smaller classes.*
 - In a large class, it's a lot easier to go unnoticed with so many other people around you. Many Sixth Form classes may well be smaller than at GCSE, which allows you to participate more and make a far greater impression.
- *Make sure you get work done on time.*
 - At GCSE, it was easier to leave homework to the last minute. At A-level however, you need to be prepared for a far higher workload, so getting homework done as soon as you can is a good idea, otherwise you will quickly become overwhelmed. Study periods are a great opportunity to get homework done, and if you tend to leave homework to the last minute, setting aside an hour every afternoon that you dedicate to homework is a great way to get started
- *Make sure you find time for yourself.*
 - When you set aside time for homework, make sure you leave some free for hobbies. Whether it be running, gaming, going to the gym, or watching TV, hobbies can be a great way to relax. One particularly good system is using free time as a reward, motivating you to complete your homework faster.
- *Have realistic expectations of yourself.*
 - Sixth Form is a big step up. This means your grades might not be exactly what you are hoping for after your first assessment. But it's important you don't put too much pressure on yourself to instantly start getting A's. Take time to gradually improve your grades rather than putting unnecessary pressure on yourself to be achieving high.

James Russell

In The News

As you may be aware, the Taliban – an Islamic extremist group – recently seized Afghanistan, nearly 20 years after being driven out. Under their new regime, they have begun enforcing brutal restrictions on human rights. This has led to a mass exodus from the country, with thousands of refugees fleeing in planes from Kabul. As of last week, Chelmsford has taken in 80 Afghan refugees, and so many donations have been received by donation banks that they have been forced to stop accepting them.

Also, in the news recently, British tennis player Emma Raducanu has won the US Open, becoming the first British woman to win a major tennis tournament since Virginia Wade in 1977. At 18 years old, Raducanu completed her A-levels this year before competing in her first major Tennis tournament (Wimbledon) where she made it to the fourth round. However, she returned in force to the US Open – only her second ever Grand Slam – where she reached the final without dropping a single set – a major feat. Raducanu's example can be a major inspiration to everyone, not letting her age stand in the way of her skill and commitment and defeating major odds to achieve her dreams.

James Russell

Returning to school is a very exciting, but also a stressful time for some. This may be academic stress, social anxiety, or anxiety relating to COVID-19. It is completely normal to feel each of these to a certain degree, but these feelings can easily become very overwhelming. Here are some suggestions that may help you minimise school stress.

- **Ensure you have some downtime not relating to school** - dedicate some time each night to a hobby you have to allow yourself to relax, for example, baking or playing an instrument.
- **Make sure you have someone you trust to talk to** - feelings of stress can become much stronger when you keep them hidden away. Having someone to talk to lifts a weight off your shoulders and allows those around you to offer their support - they won't know to support you unless you say!
- **Break each assignment down into small, manageable tasks** - it's very easy to look at a seemingly endless list of tasks on Show My Homework and become overwhelmed - write a to-do list breaking everything down into small chunks and take it task by task.
- **Don't forget to make plans and be social** - this is easier said than done, especially as a student who values high grades. However, socialising is crucial to avoiding burnout and lowering stress levels - high grades and socialising are not mutually exclusive!

Connie Threadgold and Isabel Dunton