



## Maintaining cultural experiences

For almost 30 years the German Department has maintained links with the Aldegrevener Gymnasium, a grammar school in the German town of Soest. Students in year 10 can take part in this annual school exchange.

As a result of Covid restrictions both here and in Germany, the trip has been on 'pause' for a few years, so we were delighted to be able to get the trip back up and running this academic year.

On a dark and cold November morning a group of year 10 students, accompanied by Miss MacEachern and Mr Cobbold, set off for Stansted airport. After



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breezing through security and having enough time to get some breakfast at the airport, we were feeling confident that things were going well. Unfortunately, the weather in Germany had other plans and just before we were due to land in Dortmund, the pilot announced we would be diverting to Münster/Osnabrück Airport due to 'slush on the runway'. Münster/Osnabrück Airport is neither in Münster nor in Osnabrück, but once we had worked out where we were, we were soon heading to a nearby train station to get to our destination!

Arriving in Soest a couple of hours later than planned, our students were warmly greeted by their exchange partners, and we made our way to the Burghofmuseum to be formally welcomed to Soest by the Mayor's representative and the Headteacher.

The first full day of the exchange saw us all head off to Münster for the day where our students and their partners took part in a 'Stadtspiel', a town trail where they had a couple of hours to find the answers to numerous questions about the town's history, architecture and main tourist sites.

Later that day some time was given to exploring the Christmas markets.

The next day we all headed for the city of Cologne, where students had time to visit the impressive cathedral before spending time at Deutsches Sport- und Olympia Museum, where they were able to try out a range of different activities and learn about the history of the Olympic Games.

Before the weekend, there was time for another excursion to Dortmund where students visited the German Football Museum in the morning before heading to the Signal Iduna Park, better known to us as Borussia Dortmund's football stadium, and even for students who claimed to have no interest in football, this proved to be a very popular outing. We had a tour of the whole stadium by a guide who was clearly a passionate Dortmund fan. Students were able to visit the players' changing rooms, walk through the tunnel to the pitch, sit pitch-side and stand on the famous Südtribüne; Europe's largest standing-area grandstand, holding up to 25,000 fans known as 'Die Gelbe Wand' (The Yellow Wall).

Students then spent time with their host families for the weekend before attending lessons with their partners on the Monday. It was



definitely a shock for our students having to be at school by 07:35am!

Sadly, after a week of history, culture and Christmas markets the trip came to an end and it was time for the students and their exchange partners to say goodbye to each other for a few months.

The return leg took place at the end of February and in a similar format, our students visited London with their partners before the German students visited Cambridge and had a second visit to London where they took the boat from Greenwich into central London. The German students also attended lessons at Northgate with their partners.

We look forward to maintaining this cultural experience for many more years to come!

Miss MacEachern

## Young Musician of the Year

What a fantastic evening was had by all who attended Young Musician of the Year! Not only were we treated to some outstanding performances from students across the school, we were also privileged to have three professional musicians come to judge the competition; Chandra Grover who is a musical director and teacher, Matthew Keane who is a jazz pianist and Helen Simms who currently works for the Suffolk Music Service.

They watched the evening alongside a very enthusiastic audience, who even had the opportunity to vote for their favourite musicians in the Audience Choice Awards. All the musicians were brilliant and showed fantastic determination and courage, performing a variety of music from Beethoven to Oasis, minuets and scherzos on cello, to a canonetta on violin by Tchaikovsky. There were entries on cello, violin, piano, electric and acoustic guitar, voice, drum kit and flute. There was a very sensitive and rhythmical performance of 'Havre Gosselin' on acoustic guitar by Esme in year 12 and an electric guitar rendition of 'Circus Experience' played by the very confident William



in Year 11. Several of our students played the piano, Megan in Year 7 gave a lovely fluent performance of 'Angelfish' by Gaudet which contrasted with another year 7 student, Finlay, whose very stylistic jazz performance of 'Bendin' the Rules' by Ben Crossland on piano was really well delivered. We even had some of our students perform their own compositions – congratulations to Jemima in Year 10, Sam in Year 12 and Lewis in Year 13. What an incredibly talented set of students we have here at Northgate.

Thank you to our lovely audience for their support of the students and to the site team and technicians for their help with setting up. Thank you also to Miss Holmes and Miss Armstrong for attending and helping

### Young Musician Winners

- Grades 1-3 Winner – Dhewin
- Grades 1-3 Runner-up – Maria
- Grades 4-6 Winner – Sam
- Grades 4-6 Runner-up – Jemima
- Grades 7-8 Winner – Ben
- Grades 7-8 Runner-up – Giles
- Junior Musician of the Year – Emily
- Senior Musician of the Year – Ivan

with programmes and refreshments. Thank you to Mr Armitage for accompanying some of our students and an even bigger thank you to the Music Department for all of their work. Looking forward to next year's competition already!

Ms Tournay-Godfrey

## Ipswich Sings Christmas



Northgate High School Choirs took to the stage at the Corn Exchange in Ipswich on Saturday 9th December to sing in a joint celebratory event with Ipswich Choral Society. The concert was called Ipswich Sings Christmas!

Miss Tournay-Godfrey conducted a piece from the opening of the musical Frozen called 'Vuelie/Let the Sun Shine On'. ICS and Northgate sang the Norwegian folk song chants and the ensemble lyrics, whilst Sidegate Primary School sang the parts of Young Anna and Elsa. The piece was accompanied by some fantastic brass and percussion players from

Martlesham Brass and by Robin Walker on piano and Mark Blatchly. It was a dramatic and beautiful opening to the concert and Northgate were joined by some wonderful staff members too.

Northgate also went on to sing 'Silent Night (Close your eyes and sleep)' as well as the rousing 'Jingle Bell Rock'. They also sang some carols with the ICS and Sidegate and did a brilliant job.

Congratulations to the Northgate singers – you did us all very proud!

Ms Tournay-Godfrey

# Northgate takes to the stage!

The lights went down; the audience were quiet; the iconic saxophone solo began. It was time for Northgate to take to the stage with the Jets and Sharks to tell the timeless tale of Maria and Tony and their star-crossed love, in Leonard Bernstein's hit musical 'West Side Story'. And what an amazing show it was!

Students first auditioned back in September 2023. The cast was decided and rehearsals were quickly underway. At the same time, Miss Jacobs headed up a team of students who took on the technical backstage work of the show. Students in Years 7-13 were involved on the technical crew and were thrilled to be sponsored by Gofer, who purchased black technical crew t-shirts to be worn during show week. The technical team did an amazing job; in particular, thank you to Isobel for her work as stage manager and to Naomi for her lighting design plot. Mrs Rutter did a wonderful job with the costume design and came up with a costume plot based on the



1950s era and chose a palette of colours for the gangs. It looked so effective on stage as I am sure you can see from the photos.

The story of this show is based on 'Romeo and Juliet' but set in 1950s New York amongst the rival gangs on the streets. Puerto Rican Sharks fought over territory with the Jets, and we had a fantastic group of boys from Years 7-13 who played the parts fabulously. Riff, the leader of the Jets was played by Lewis in Year 13 and his foe, Bernardo, the leader of the Sharks, was played

by Alex in Year 12. There are too many talented students in these gangs to mention them all, but special mention must go to the very brilliant performances of Freddie in Year 9 as Action, Arthur in Year 7 as A-Rab and Finlay in Year 7 as Baby John. Their performances in 'Gee Officer Krupke' were a very comical highlight of the show, along with the very funny Alex in Year 9, doing a very good impression of Officer Krupke in this number.

Tony was played by the wonderful Sam in Year 12 and he did it with aplomb. Alongside Tony, Eleanor in Year 13 phenomenally played the ex-Jet love interest, Maria. Their rendition of 'Tonight' and the famous balcony scene was beautiful. Bernardo's love interest is the fiery Anita, who was played by the fabulous actress and singer Ilinca in Year 10. Her rendition of 'America', supported by Louella (Year 9), Abigail (Year 10), Emma (Year 10) and the girls of the cast, was energetic and a strong favourite with the audience. Perhaps, one of the most moving moments of the show was Ilinca's performance of 'A Boy Like That' coupled with Eleanor's answering

song 'I Have A Love'.

The show was choreographed by Miss Patrick and loosely based on the original choreography by Jerome Robbins. Miss Patrick was able to not only inspire fantastic dance performances out of our students, she created some of her own steps and it was a joy to behold. Miss Patrick and Miss Tournay-Godfrey took on the direction of the acting scenes and had great fun getting the students to make the most out of their characterisations. It was also very funny, working with the cast, to hone their American and Spanish accents. Not an easy task!

'West Side Story' was a wonderful production to bring to life. Thank you to all the staff who were involved and a huge congratulations to all 107 of the students who were in the cast onstage or working backstage. Thank you also to our incredibly supportive audiences. Each performance sold out and it was wonderful to see so many people from the wider school community coming to support the show. We received many messages of praise. One email written to the headteacher stated:



"I just wanted to send an email to congratulate your pupils and staff on their outstanding production of 'West Side Story'... and left the theatre full of pride for every pupil involved. It is clear Northgate values the Arts and I look forward to coming to your next show."

Putting on this show has brought

us all together in a wonderful collaboration and reminds us that we must not only value and encourage the arts, we must also celebrate our differences and continue to move forward to our goal of inclusion and equality.

Miss Tournay-Godfrey





# Spectacular Geography trip to Italy

On Friday 9th February, 26 A-Level geographers travelled to Italy for an amazing four day residential, basing ourselves at the Hotel Tourist in Sorrento. A stone's throw away from Vesuvius, Pompeii and the Amalfi coast, Sorrento provided a very safe and ideal base for us to explore Italy. On day one, we visited Naples and the underground tunnel systems used in the Roman era. The tunnels also served as air raid shelters during the Second World War. It was a little bit of a tight squeeze in some of the

tunnels! It was an ideal chance to investigate how fluvial processes have created opportunities for human civilization for centuries and to see how place identity can be solidified through sport – a key element of the Changing Spaces part of the A Level course. Naples also provided us with a wide range of fine-dining opportunities, with many of us opting for traditional Italian pizza for lunch, which was most welcome!

Day two saw us heading to the Vesuvius volcano, which is still

active, for a twenty-minute hike to the crater. Exploring such a contrasting landscape to the arable lands of Suffolk provided a great learning opportunity. The dramatic landscape thoroughly helped our students to see how the sheer size and power of natural hazards are influential in creating 'place' profiles. Vesuvius famously erupted in 79AD, covering the neighbouring settlements in a heavy layer of volcanic tephra, most notably Pompeii. This was our venue for the afternoon's activities, where



our party had an excellent guided tour of the preserved Roman amphitheatre, villas, spas and sports grounds.

On day three, we were very fortunate to travel along the stunning Amalfi coast, with its breath-taking views and fantastic coastal landforms. This was very useful to us as we were able to apply some of the key coastal processes that occur on high-energy coastal environments and see, first-hand, how lithology affects landforms. With its high cliffs, panoramic vistas, headlands and bays, punctuated with luxurious homes and hotels, many students, and indeed staff, enjoyed picking their dream home along this coastline. In Amalfi, some of us were very lucky to witness a traditional Catholic Mass, the spectacular architecture and embrace the local cuisine once more.

The last morning gave us the opportunity to visit a traditional family-run Limoncello business, whose hospitality was second to none. Some students were even brave enough to consume the locally grown lemons, without too



much grimacing! It was a fantastic way to round off a thoroughly enjoyable and enriching trip, which Mrs Hazell (trip leader), Ms Turner and Mr Coles were extremely

pleased to be able to offer. Watch this space for our next fieldwork expedition to the Essex coast with year 12 later in the year.

Mr Coles



# Applying their theoretical understanding

Year 13 PE students had the opportunity to visit the Human Performance Unit at the University of Essex on February 6th 2024.

The trip gave students the opportunity to apply their theoretical understanding through a variety of physiological and psychological field-based tests.

The morning session consisted of exercise physiology testing, where students analysed data collected from several sub-maximal and maximal tests they undertook. The end of the morning session saw one of our students given the opportunity of undertaking a full VO2 max test using state of the art gas analysis equipment.

The afternoon session gave students the opportunity to reflect upon how varying psychological

factors can impact the performance of an athlete. This included reaction time, the effects of an audience on social facilitation or inhibition, and stress management techniques to control arousal and anxiety levels in sport. The afternoon session generated a lot of good-natured competition amongst the students.

Students were also able to evaluate the effective use of such tests in elite sport and analyse how they are used to support athlete progress.

The students got a real experience of some of the detailed theory and work that would form part of several careers in sport, such as sport and exercise physiologists, sports therapists and strength and conditioning coaches.



Mr Smith

## Dates for your diary

Thursday 25th April 2024 ..... Year 12 Parents' Evening

Monday 6th May 2024 ..... Bank Holiday

Thursday 23rd May 2024 ..... GCSE Art Exhibition

Monday 27th - Friday 31st May 2024..... Half Term

Wednesday 5th June 2024 ..... A Level Art Exhibition