



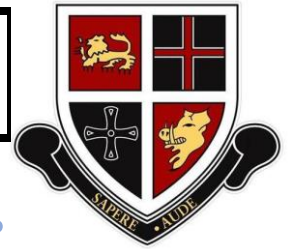
Did you know....

The Australian government banned the word "mate" for a day!



**A half-termly insight into our wonderful year group**

# Excellent Eights Newsletter



Is there something out there?



A mysterious spinning object has been spotted 4000 light years away from earth. It emits a large amount of energy for 1 minute and then does seemingly nothing for 18 minutes before repeating these actions. It is currently a mystery, as nothing we know of in the sky acts in this way. The object is constantly appearing and disappearing and is very bright when visible. By the next newsletter we may have more information on the object, but for the moment, it remains unidentified.

By Leo Bruce

## Simpson says.....

**W**ith the speed of the bobsleigh, the adrenalin rush of the downhill skier, and the grace of the figure skaters, we approach the half term we've all been waiting for. The nights and mornings are getting lighter, the Spring beckons, and it's newsletter time. How better to greet a week off?!

I always find the first part of the spring term to be a real challenge. Weather conditions aren't great and it's dark, which means a lot of what we like to do is often restricted. As well as that, we've all been battling the virus and the issues around it. Many in our school have been ill and had to self isolate. With the change in weather comes the chance to be outdoors for longer where it's harder for viruses and germs to do their nastiness. So make sure you make the most of half term and get out into fresh air.

Speaking of fresh air and getting out and about, why not use some of your time to do things for your Johnston Award Scheme?

Remember, for the first award you only need to plan something for a relatively short time and then write an evaluation of it. There's no other evidence needed. I'm looking forward to giving out certificates and badges when the time is right, so keep on with it!

Sports teams have been doing their thing in county level cross country, boys rugby, girls' cricket, boys' football, and netball amongst others. I follow the PE department on Twitter and it's almost impossible to keep up with all that's going on. Well done to all who are involved, and who are keeping up the proud sporting traditions of our school. Remember as well the many after school clubs that we have in school; it's important to take part, no matter what level you play at.

Remember to put our year group virtues into practice and treat each other well.

I wish everyone a relaxing week off, and look forward to seeing you all back again for the run up to Easter.

Mr Simpson





## Extra-curricular

### Warhammer Club



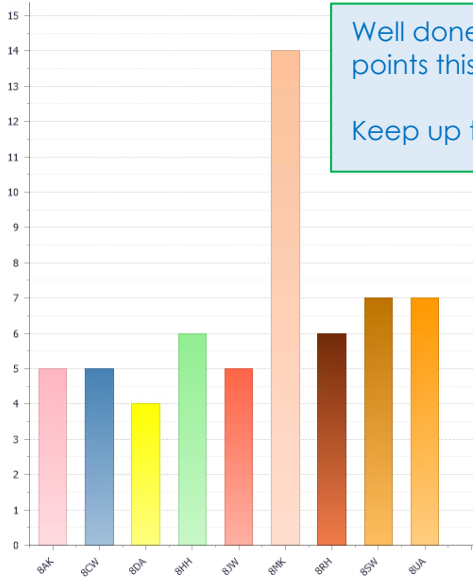
Did you know?  
You lose up to 30 percent of your taste buds during flight!

A huge congratulations to **Katrina Du (8JW)** for passing her grade 5 piano practical exam. Katrina passed with **DISTINCTION** and has been awarded 18 points at level 2.  
  
A fantastic achievement, well done.

### House Points

As you may see on our weekly notices, on Wednesdays after school Mr Bowman runs Warhammer club! Anyone can come along, we run two rooms, the painting and building room and the games room. If you have never done anything with Warhammer you can come along and get a free starter model. (I recommend the space marine)  
If you would like to come along, come to social studies 3 and start your first model!

By Aidan Thompson-8SW



Well done to 8MK who have the most house points this half term  
  
Keep up the good work year 8's!

### Christian Union

Although it is called 'Christian' Union, anybody of any religion or belief can attend. It is a safe and respectful place where you can state opinions about your religion and ask those awkward questions that are hard to talk about. Also, there is cake on offer for everybody (gluten free as well) and anybody can bring any baked goods to share with the group. For anyone who is interested, it is on a Tuesday lunchtime (12:00-12:45) for Years 7 and 8 in the PE classroom. You can either bring a packed lunch or you will be taken to the front of the queue to get your lunch, so you will have as much time as possible for the club. Recently, Christian Union has also started doing a course called 'Alpha Youth' that can help you find a deeper understanding of your religion and beliefs. Everyone is welcome to join, and you can come alone, bring your friends or make some new ones! Hopefully, you will now want to give Christian Union a try and if you do, I'll see you there!

By Emily Hodgson



Did you know?  
The average person blinks 15,000 times per day



As I am sure you are aware global warming has become a massive issue for the world, and now England are thinking about stopping the use of coal to help save the environment. If global continues, by end of this century, the earth may heat up by around 4 degrees Celsius.

What we can do to help:

- Switch to a renewable energy supplier.
- Pick up plastic.
- Use less plastic.
- Slowly turn your diet to vegetarian.

By Daniel Askey and Bailey Martin

## SPORTING SUCCESS

Helping others

Congratulations to our U13 girls cricket squad (below) who participated in their first area indoor tournament. After winning all their matches, they qualified for the County finals. Superb bowling & outstanding batting by all. Well done girls.



Cross-country success has continued in 2022, last month the Y8 boys competed in the Tyneside competition at Emmanuel College. The A team were overall winners of the competition and B team finished 5<sup>th</sup>. Well done to **Tom Briggs, Will Jardine, James Ormerod, Harry Clish, Jacob Moore, Alex Wright, Ben Hopkins and Harry Mason.**

Friendliness



**Jake Mackintosh** (8mk) recently completed in the Durham karate championship and came 3rd.

He completed against 64 of Durhams best under 14s and has certainly earned it. The way to win a karate duel is by getting 3 hits, kicks or other legal moves to the chest area before your opponent.

In Jake's games, the scores were as follows:

First he won 3:1, secondly he won 3:0, after that he won, 3:2, and again 3:2 but unfortunately lost against who eventually came first and won 3rd place 3:1.

Coming 3rd out of 64 other martial artists is a very big achievement worth sharing.

By Leonard Lee

In addition, **Will Jardine, Tom Briggs, Harry Clish, James Ormerod, Grace Carter and Alex Jardine** competed at the County championships at Barnard Castle. The team performed very well and Will, Tom, Grace and Alex qualified for the Northern County Championships held at Stewart Park.

Following this competition, **Tom Briggs, Will Jardine** and **Grace Carter** have qualified for the English Schools National finals in March.

A massive achievement, congratulations.

A massive well done to the Durham Johnston rugby team who played and won their first game of the season on Friday. Johnston pushed hard in the scrum, winning all but one, and played some creative rugby through the backs. Johnston managed to score one try in the first half off a great pick and go from **Seb Ranns** and three in the second half from **Olly Bennet, Will Gibson** and captain **Erik Meek**. Good performances all round, everyone playing their part, and a special mention to **Ben Hodgson** who was awarded with man of the match.

By Tom Briggs



Don't forget to check out our 'Excellent Eights' Teams for weekly updates on all extr-curricular clubs and activities.

Would you like to write an article/subject review for the next newsletter? Please get in touch with Mr Kidd via email/Teams

## Y8 Poetry Competition winner is....

### I Believe in You

*If someone can do it- you can,  
You are stronger than you know,  
You may feel like a less-than,  
But that only helps you grow.  
Everyone has their bad days,  
That's just a part of living,  
Life is like a maze,  
It can be unforgiving.  
But no matter the time,  
I'll catch you when you fall,  
And no matter the crime,  
There's nothing too small.  
I'll always be there,  
Even when you're blue,  
Because I'll always care,  
And I believe in you.*

**By Emily Hodgson 8RH**

**Well done Emily, your house will receive 20 house points!!**