

# The Weekly Buzz

20 March 2023



Artwork by Leyla Y8





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# Noticeboard

## Lunch Menu

W/c 20th March

**Week 1 Lunch Menu**

**MONDAY**

- BBQ chicken Casserole
- Cauliflower mac&cheese (V) (Gluten,milk)
- Mashed Potato(V)
- Broccoli (V) Sweetcorn (V)
- Roasted Veg Medley (V)
- Sultana Flapjack (Gluten, Sulphites)

**Tuesday**

- Beef Lasagne( Gluten,milk)
- Veg Lasagne (V)( Gluten,milk)
- Sprouts (V)
- Roasted veggies (V)
- Kale (V)
- Sauteed Peppers (V)
- Carrot Cake

**Wednesday**

- Bratwurst Sausage
- Vegan Sausage (V)
- Roasted Potato (V)
- Corn on the cob (V)
- Barbecue beans (V)
- Hot Dog roll (Gluten, milk)
- Gravy (V)
- Treacle Sponge (wheat,milk,egg)

**THURSDAY**

- Chicken Curry (milk)
- Lentils (V)
- Steamed Rice
- Roasted Pepper Apple Crumble (Gluten)
- Cauliflower
- Poppadums

**FRIDAY**

- Fish Cake with lemon & Tartare Sauce (Fish, Gluten)
- Veg Nuggets (V) (Gluten)
- Oven Baked Fries(V) Garden peas(V) Steamed Carrots (V)
- Sticky pineapple & orange cake (egg,Gluten)

**The FUTURE of FOOD**

**ON THE MENU EVERYDAY**

- ☆ Soup of the Day
- ☆ Salad Bar
- ☆ Fresh Fruit
- ☆ Yoghurt

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard

**\*MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE\***

Gluten-free options available each day



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# DATE FOR THE DIARY

'Grease' - Wed 22 & Thur 23 Mar  
JW3

GCSE Music Performance Exams  
Tues 28 & Wed 29 March

GCSE Drama Performance Evening  
Thur 30 Mar (TBC), Drama Studio

Year 6-8 Creative Arts Showcase  
Thur 25 May, RADA Studios

Summer Concert - Thur 22 June  
RADA Studios

Sports Day- Fri 23 June  
Perivale

Celebration Day - Thur 29 June  
Regent Hall & GPS

More details to  
follow



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**HAPPY ST  
PATRICK'S  
DAY!**

**FRIDAY 17TH MARCH**

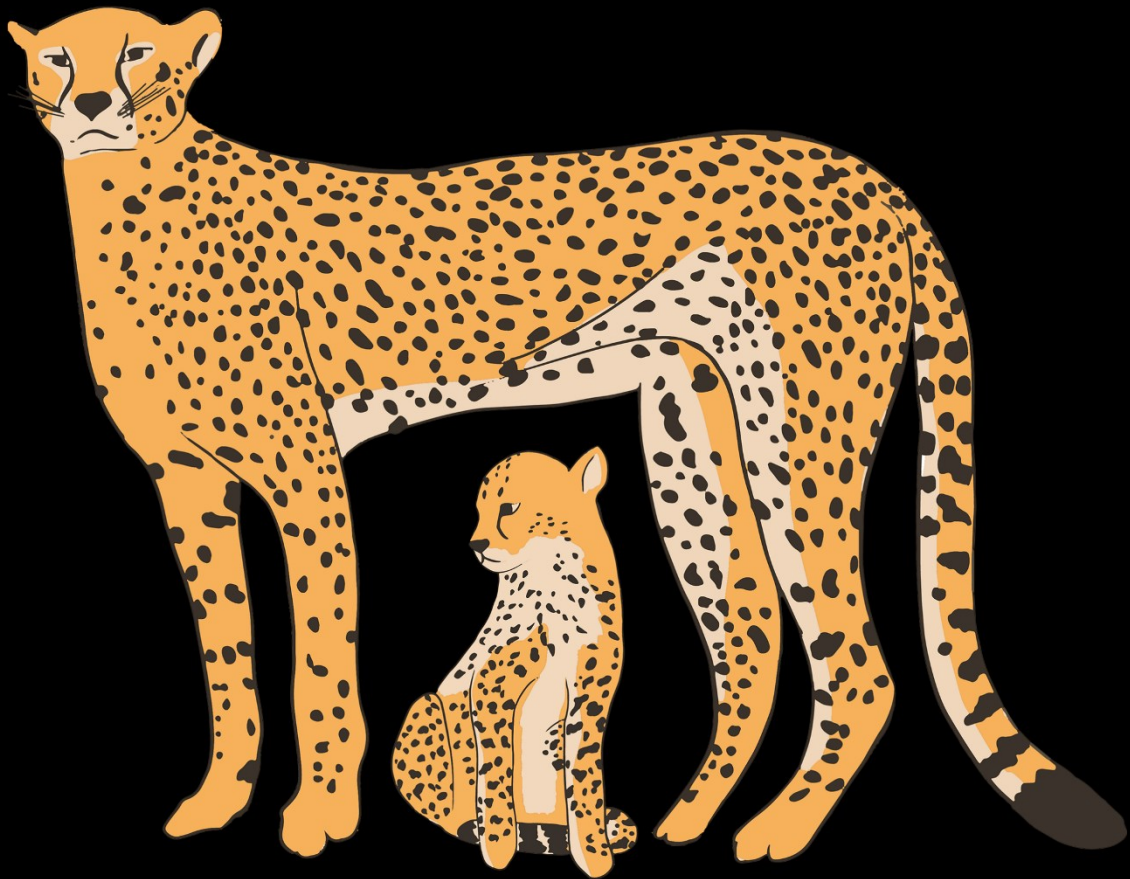




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# HAPPY MOTHER'S DAY



Sunday 19th March



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## ***PARENTS EVENINGS IN MARCH***

Year 6 - Monday 6th  
Year 7 - Monday 13th  
Year 8 - Monday 20th

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ALL ARE ONLINE  
DETAILS TO FOLLOW





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*Drama + Music Department Presents,*

# GREASE



Running Exclusively from, 22nd - 23rd March.  
See You At 19:00  
Venue: JW3



# Noticeboard

## INCHWORM or GRASSHOPPER? Do you know your cognitive style in maths?

### Inchworm – the formula, sequential thinker

On first seeing the problem or task:

- Focuses on parts and details
- Looks the relevant formula or procedure
- Constrained focus – one method

Solving the problem:

- Works in serially ordered steps– forward
- Uses numbers exactly as given
- More comfortable with paper and pen to document methods

When finished:

- Unlikely to check or evaluate answers
- Any check done uses the same method again
- May not understand method/procedure – work mechanically



- The inchworm method is when you work out the math problem step by step, just like following a recipe.
- Seeing the details and using documenting procedures.

If you are an inchworm, you need to learn from the grasshopper how to:

- Explain your methods
- Document your methods
- Accept algebra

Are you an  
inchworm or a  
grasshopper?





# Noticeboard

This week we are showing you some strategies to improve your maths performance. An influential author Steve Chinn (with a huge success in addressing problems with maths and dyscalculia among students in schools), has landed on two distinct maths thinking styles: **inchworms** and **grasshoppers**. These are extremes at the ends of a continuum. The most capable maths thinkers are skilled at moving between the two styles when solving problems. Try to answer both questions on the read arrows.

## Grasshopper – the relational, holistic thinker



- The grasshopper method is when you look at the problem and get the big picture and then solve it.
- Good at overviewing and estimating.

On first seeing the problem or task:

- Overviews, puts together, is holistic
- Looks at numbers and facts to estimate answer

Solving the problem:

- Range of methods selected according to problem
- Often works back from trial answer
- Adjusts, breaks down and builds up numbers looking for easy number combinations
- Good understanding of numbers, operations and their interrelationships
- Performs calculations mentally and rarely documents – answer oriented

When finished:

- Likely to appraise and evaluate the answer
- Checks by different method



If you are a grasshopper, you need to learn from the inchworm how to:

- Interrelating numbers and operations, e.g. , seeing 9 as 1 less than 10, seeing 5 as half of 10
- Overviewing any problem, for example, reading it to the end before starting and getting a feel of what the answer should be
- Appraising your answer

Do you know  
how to improve  
your learning?



# Noticeboard

## Literacy at PPS

**Literacy covers** four areas transferable across all subjects. These are: **listening, speaking, reading** and **writing**. The basic skill of **listening** often goes unnoticed, but when affected, it impacts the whole process of learning and the higher level skills.

There are **many reasons why students don't listen or don't focus in lessons**: tiredness, hunger, personal issues within or outside of school, SEN, lack of motivation to learn, distractions.

## 7 Tips to Help You Concentrate Better

by @Inner\_Drive  
[www.innerdrive.co.uk](http://www.innerdrive.co.uk)

**Eat Breakfast 1**  
Students who eat breakfast score better on attention and memory tests. Cereals that are rich in complex carbohydrates are good as they fuel your brain.

**Exercise at Lunchtime 2**  
A study by researchers at Bristol University found that a 45 minute workout at lunchtime significantly improved people's concentration, mood and ability to do their job.

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**Worry About it a Little More 3**  
In certain situations, a bit of stress may make you perform better. The extra worry releases adrenaline which increases the intensity of your focus.

**Don't Think Don't 4**  
Attempts at thought suppression make you think about the thing you want to avoid more and distract you from the task at hand.

**Drink Some Water 5**  
If you are just 1% dehydrated your concentration drops dramatically. Students who take water into an exam have been found to outperform their thirsty peers.

**The Great Outdoors 6**  
Those who take a walk in green space return feeling more focused than those who have a break walking in urban areas.

**Pictures of Nature 7**  
No green space near you? No problem. Studies have found that those who look at photos of nature, especially those with water in them, feel the same sort of benefits.





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Some strategies that help to get our students back on track and take charge of their learning include: **self-care** and **self-respect**, taking charge of one's learning/seeing the Big Picture, organisation, resilience, metacognition. Today the focus is on **self-care** and **organisation**.

## ◆ USE A KITCHEN TIMER



SET YOUR KITCHEN TIMER (OR CELLPHONE) TO 25-30 MINUTES AND FOCUS COMPLETELY ON FINISHING ONE TASK.

## ◆ USE APPS TO BLOCK DISTRACTING WEBSITES



INSTALL Stay Focused FOR CHROME OR Leechblock FOR FIREFOX TO BLOCK DISTRACTING WEBSITES DURING WORKING HOURS.

## ◆ FOCUS ON 3 TASKS PER DAY

- ① do yoga
- ② update blog
- ③ finish taxes

ONCE YOU ARE FINISHED WITH THOSE 3 TASKS, CREATE ANOTHER TO-DO LIST WITH JUST 3 ITEMS.

## ◆ PRODUCTIVE PROCASTINATION



ITCHING TO TAKE A BREAK? GO RUNNING, ORGANIZE YOUR WORK SPACE, RUN AN ERRAND - DO SOMETHING PRODUCTIVE

## ◆ SET A SPECIFIC TIME TO CHECK + ANSWER E-MAILS

9:00 AM



9:00 PM

THIS IS FAR MORE EFFICIENT THAN ANSWERING + READING E-MAILS ALL DAY LONG

## ◆ CREATE A WALL CALENDAR OF X'S

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 X	2 X	3 X	4 X

HAVE A TASK YOU NEED TO DO EVERY DAY? MAKE A BIG X ON A WALL CALENDAR AND CREATE A CHAIN OF X'S AS A VISUAL REMINDER TO NOT SLACK ON THIS ONE TASK

## ◆ SET A MINI-REWARD SYSTEM FOR TEDIOUS TASKS



REWARDS - NOT JUST FOR KIDS! EVERY TIME YOU FINISH A PARTICULARLY DIFFICULT TASK, GIVE YOURSELF A SMALL REWARD - WHICH CAN BE SMALL AS A SNACK OR A CUP OF TEA

## ◆ GET YOUR MOST IMPORTANT TASK FINISHED FIRST THING IN THE MORNING

FINISH CHAPTER OF MY EPIC SELF FI NOVEL

EVERY DAY, NO MATTER HOW BUSY YOUR DAY GETS, YOU WILL HAVE SUCCESSFULLY FINISHED SOMETHING CRUCIAL

## ◆ KNOW THYSELF!



OBSERVE YOUR PARTICULAR HABITS, PREFERENCES, WEAKNESSES, ETC. AND UTILIZE THIS KNOWLEDGE FOR MAXIMUM PRODUCTIVITY.

BY UMIMI SAKIL ALWA



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# LAMDA

**Calling all Drama Students!**

If you're looking to learn more about Drama and Performance, gain self confidence, public speaking and performance skills, look no further!

Portland Place offers **LAMDA (London Academy of Music & Dramatic Art)** drama lessons to individuals pairs or small groups looking to learn these skills, including how to perform monologues or duologues. Exams are not compulsory but can be taken and used as UCAS points.

Please get in touch with the Drama Department for sign up details.

# LAMDA





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# News

## *PPS Chamber Choir*

SO pleased to announce that PPS  
Chamber Choir achieved 1st place at  
the ISA A Cappella Competition 2023!!

Congratulations to all participating  
students!

See next issue of the Weekly Buzz  
for photos!  
Ms Boyle



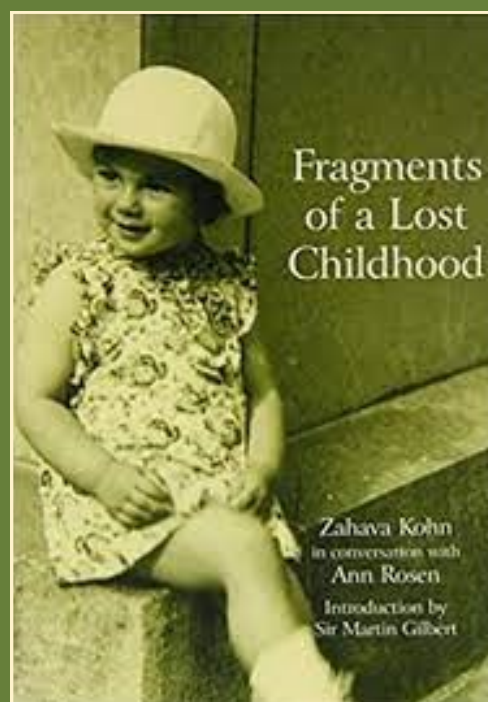
# Surviving the Holocaust

Last week the Year 9 students attended a talk by **Hephzibah Rudofsky** about her family's experience of the Holocaust. Hephzibah's talk compliments the year 9 studies of the Holocaust which we are learning this term.

Hephzibah has visited the school for many years and commented that the students asked fantastic questions and were a wonderful credit to the school. If you would like to discuss this topic and the talk with your child and learn more about the story of Hephzi's family, you can find further information here: <https://www.survivingtheholocaust.co.uk/home>

Furthermore, many students have expressed an interest in reading 'Fragments of a Lost Childhood', the memoir written by Hephzibah's mother. Please do encourage your child to do so, we have copies in the school library but the book can also be purchased at this link: <https://www.survivingtheholocaust.co.uk/book>

Lastly, if your family has a connection to the Holocaust or has experiences that you believe would be valuable to share, or perhaps you have documents, records or photographs please do contact the History Department [phoebe.lewis@portland-place.co.uk](mailto:phoebe.lewis@portland-place.co.uk). We would love to begin to build a record of information and family history relating to our students to help them to understand their own place in History and for others to hear how historical events are still present in our lives today.







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# News

## THE WALL OF KINDNESS

Thank you to Enzo for looking after my belongings on Wednesday. Enzo, you're the best! - Joe

*Ayub would like to thank Eddie (Y8 Hybrid) for being a kind friend and a an empathetic person.*

*Y8 Hybrid students would like to thank Mr Wood for starting a lunchtime DT club for them.*

*Thanks very much to Catherine who always asks me questions and hangs out with me —Raza*

*Thank you to Sasha in Y10 who is always nice to me and asks how my day is going - Finn*



# ZSL Scientist In Your Classroom!

To celebrate **British Science Week**, Year 7 and 8 students had the opportunity to meet **Zoological Society of London (ZSL)** experts and ask questions.

Year 8 spoke to Dr Chris Yesson, a Marine Biology researcher and Year 7 spoke to Wenna Grigg, who is a Project Officer at a new project called “Restoring the Thamescape”.

As well as giving us an insight into their current work in international conservation, Chris and Wenna also shared their career paths and advice for students wanting to pursue a profession in their fields.

Ms Silcocks



[www.zsl.org](http://www.zsl.org)





# British Science Week!



Well done to Year 10 Hybrid students who won our  
Science Week Quiz with 31 points! Ms Silcocks



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## **Author Visit JACK MEGGITT-PHILLIPS**

# WORLD BOOK DAY

On Friday, in honour of **World Book Day**, Years 6, 7 and 8 were lucky enough to be paid a visit by **Jack Meggitt-Phillips**, the award-winning author of *The Beast and the Bethany* series. The creative writing workshop was appropriately called "Writing with Beasts" and Jack amused us by reading passages of his book accompanied by puppetry and props and inspiring students to use their imagination to create stories. Students were treated to a chat with a talking parrot and writing their own plots where 'something goes wrong.' Henry even posed as a coat rack for a bit!





At the end of the session, Jack even offered to sign the books that pupils had ordered.

It was such a fun and dynamic visit enjoyed by students and teachers alike, and we'll certainly be welcoming Jack back in the future!

The English Department









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# News

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**Enrichment**





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# News

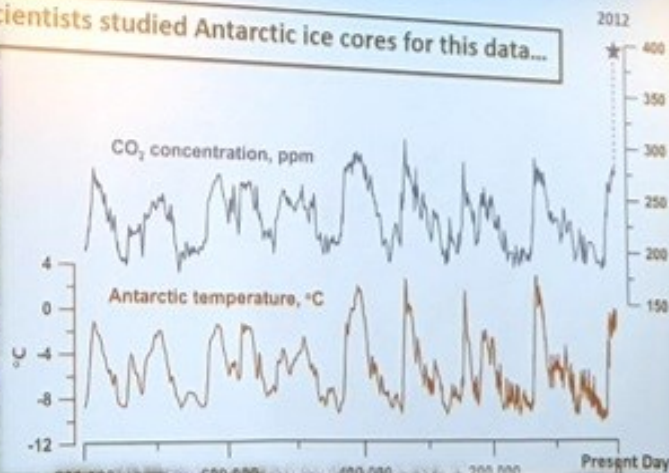
## Impacts of the Climate Change on animals



This week our students investigated and discussed the impacts of the climate change on animals. Take a look and see some of our photos and findings! Ms Coates



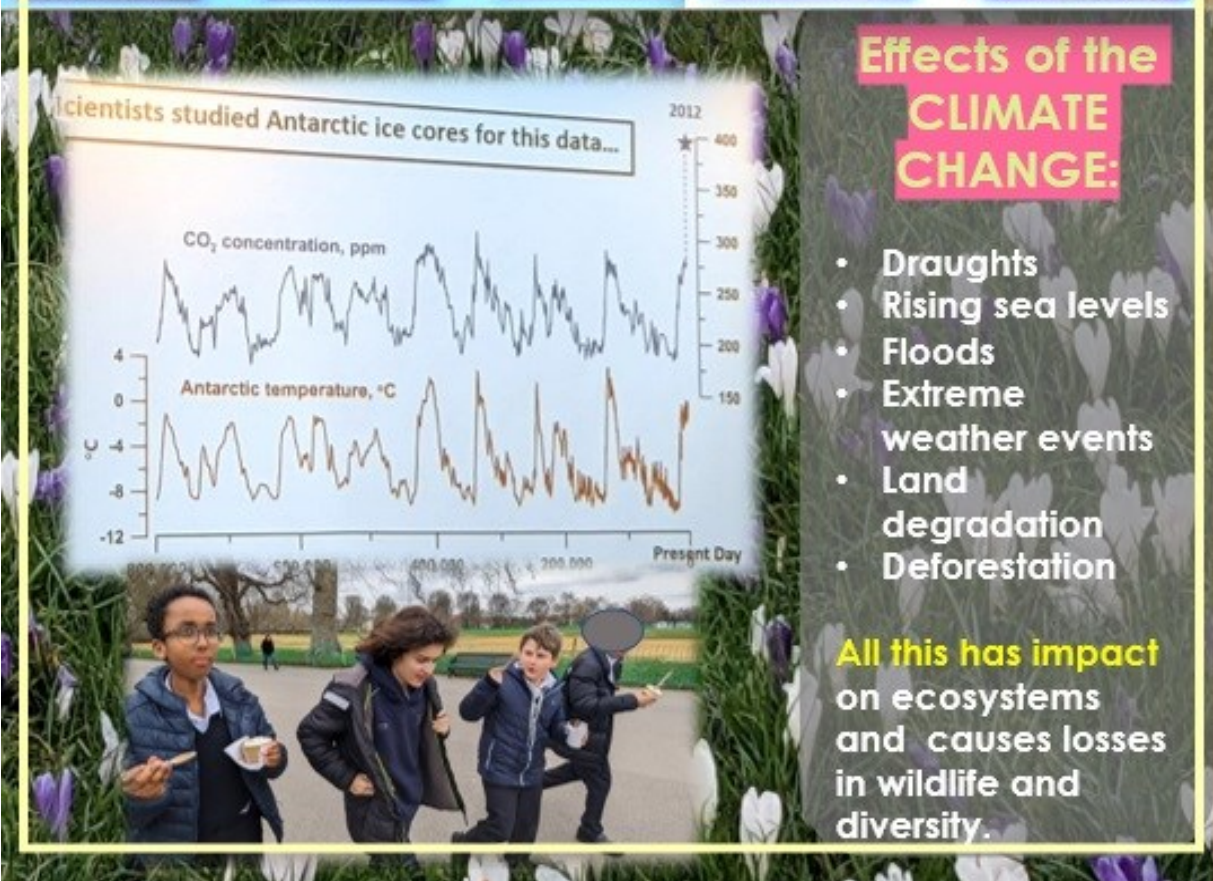
Scientists studied Antarctic ice cores for this data...



## Effects of the CLIMATE CHANGE:

- Droughts
- Rising sea levels
- Floods
- Extreme weather events
- Land degradation
- Deforestation

All this has impact on ecosystems and causes losses in wildlife and diversity.







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## Activities:

Coral reefs

The higher the sea temperature, the more of the 'bleaching'.

African Hunting

Hunting Dogs

Climate change caused shorter hunting periods. As a result, the species have been depopulated.

Mangroves and Tigers

Extreme weather changes cause the mangrove habitat to decrease

Higher temperatures caused a rapid spread of the rana virus in common frogs.





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## NEURODIVERSITY EVENT

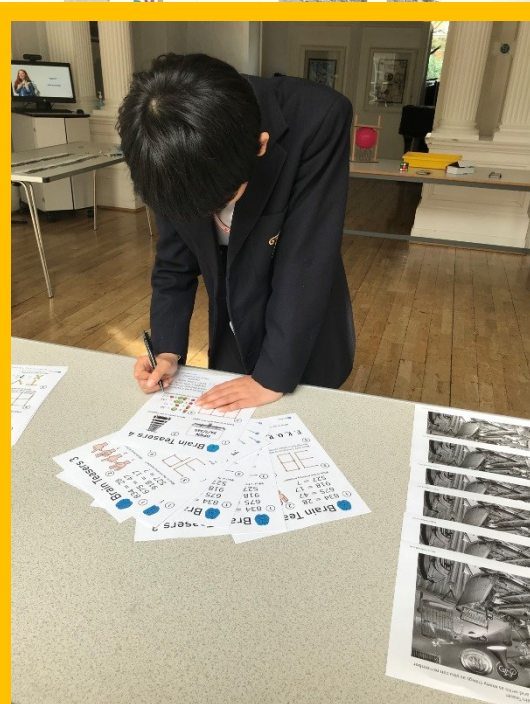
### Brain Teasers

On Thursday, 16th March, we hosted a neurodiversity workshop in PPS Hall which was great fun, and the students thoroughly enjoyed the challenges.

Please support the remaining activities which we have planned for next week.

Many thanks,  
The Alternative Learning  
Department







# Update from the VeloPark

VeloPark Enrichment this week took on its second strike day – a slightly reduced crew made it out to Stratford for an action-packed afternoon of mountain bike/road circuit freestyle riding, including a very fun segment of blasting down a bridge abutment and seeing who could leave the biggest skids at the bottom – not exactly formal mountain biking, but heaps of fun!



Reggie spying out a jump before going full send later – he cleared well over a foot of air!





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Freddie looking very comfortable as he spies out and ducks a drop as part of learning the trail – a key skill in MTBing



Sam demonstrating his confidence by riding with his eyes closed – a very advanced technique indeed!







And finally, in addition to navigating us to the new Elizabeth Line entrance at Bond Street, **Maxwell** also conquered a tricky foot-high step on the beginning to a drop of about 7-8 metres – an awkward obstacle that I chickened out of, but which he took on in perfect style. At the time, I didn't quite see the detail that emerges on closer inspection – but looking at the images closely, you can distinctly see his process of taking on the feature. Looking back at the pictures later, Ms Silcocks, Instructor Rory and I were absolutely astonished!

In any case – very well done to all the VeloPark riders for their commitment, teamwork and brilliant sense of fun. A special shout-out too to **Andreas** whose progress is absolutely flabbergasting – completing the entirety of Eastern Avenue Blue Run, including a couple of laps on the washboard stairs at the end to conquer his fear of those, too!

Mr Tasić and Ms Silcocks



# Ahlam Meets ... Jessica Ennis

As part of **International Women's Day** events at Sky, **Ahlam** from Y8 Hybrid School got a chance to meet Jessica Ennis.

The talk was on her life and lots of insightful chats about female issues and experiences. Ahlam has also been approached by a Director at Sky to be mentored by someone in the Innovation Centre, Tech or Sky Sports. She is as popular in Sky, as she is in PPS!







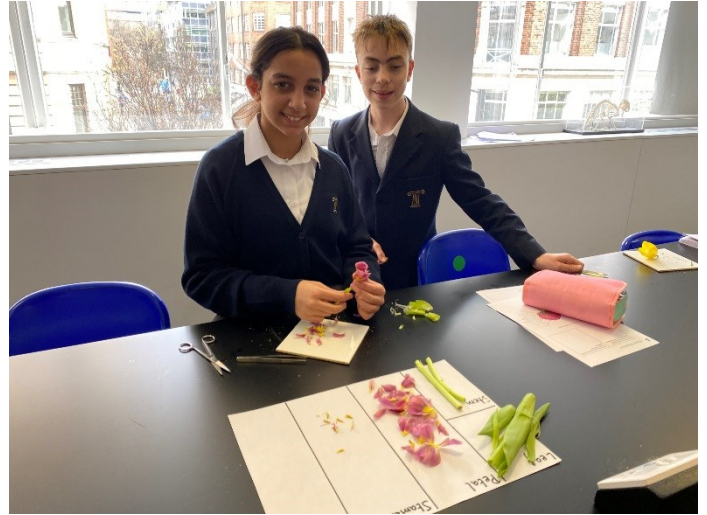
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## Year 7 Science







This week, Year 7 enjoyed dissecting a flower and identifying the different parts!







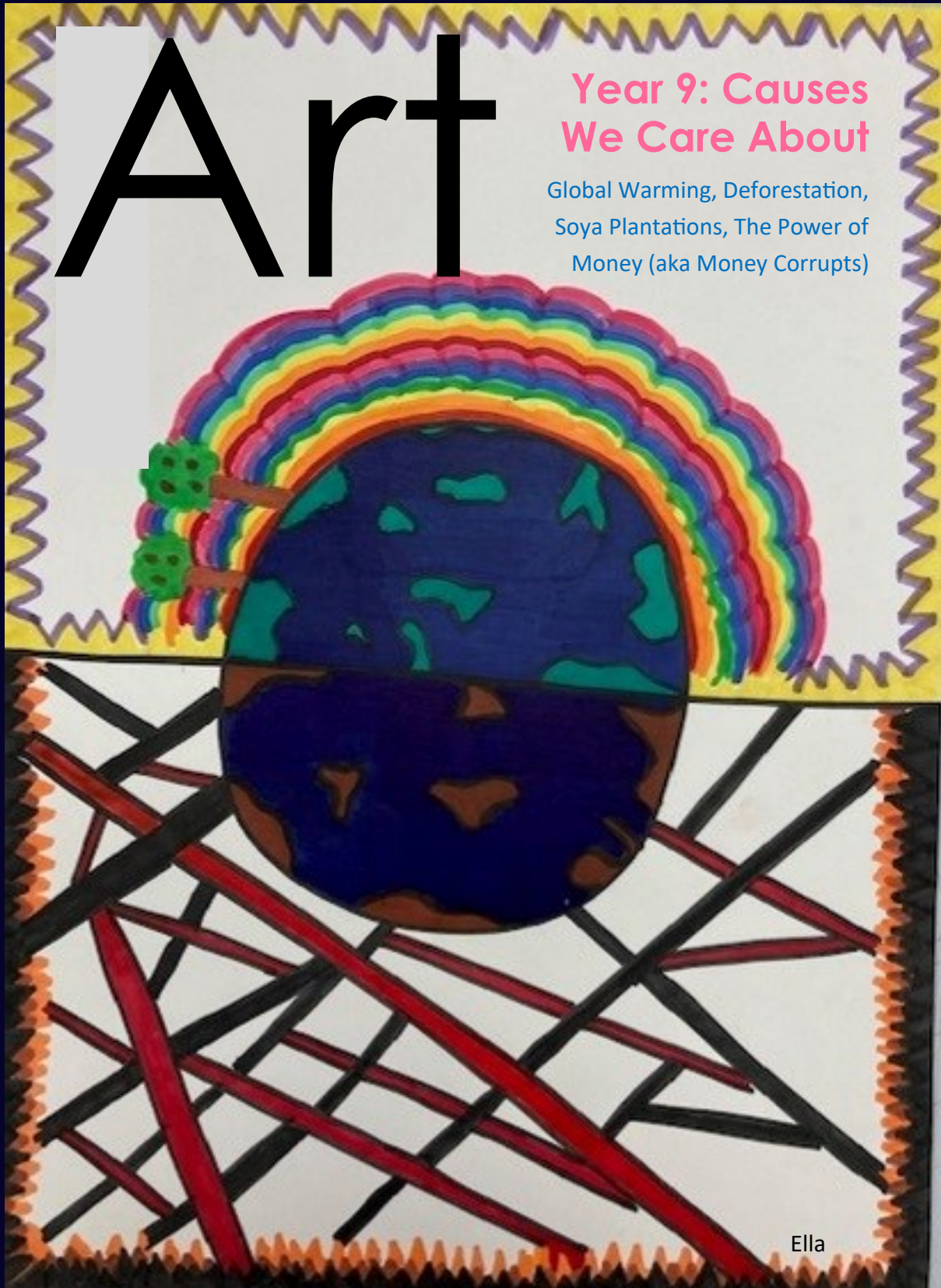
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# Art

## Year 9: Causes We Care About

Global Warming, Deforestation,  
Soya Plantations, The Power of  
Money (aka Money Corrupts)



Ella









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Yura



Arad





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# News



Max



Hazouki



## U14 Netball Fixture – Thames Christian College Vs PPS

On Thursday 9<sup>th</sup> March, the girls travelled over to Battersea to compete against TCC. Representing the squad was, **Sasha, Samara, Kadi, Marta, Georgie, Cora, Ella** and **Isabelle**.

The game got off to a great start and our girls were up for the challenge. We were in contention and passes were moving fluently up to the scoring end where **Marta** and **Olivia** worked cohesively to win valuable goals. **Marta** was on fire and after the first quarter and already had 4 goals under her belt. At the back in defence, **Samara** and **Georgie** were working hard to defend our goal. Unfortunately, TTC were let back into the game scoring 2 goals on target. With **Cora, Sasha, Ella** making head way on the court to keep possession on the ball, we saw **Marta** score more goals. TTC were not letting us get away with this too easily though and came back at us with 3 more goals.



In the last quarter we had the majority of the play and the girls kept working hard up and down the court to keep the lead. **Kadi** got a lovely goal and you could feel such positivity from all. **Isabelle** also came on to prove her worth at the back in defence contributing to a great win for PPS. The girls won 9 – 6 and **Marta** was awarded the player of the match and scored 8 of the 9 goals. Another win for PPS! Well done to all those involved!!

Miss Boyce





## House Swimming Gala – Langham Win Inaugural House Gala!

On Thursday afternoon around eighty students from Years 6-11 travelled to the Queen Mother Sports Centre in Victoria for the Portland Place House Swimming Gala 2023. In previous years the pupils have taken part in races within their year group during their swimming lessons, so this was the first time all the school's swimmers have raced in a whole school gala and was therefore an excellent opportunity for the school's best swimmers to showcase their talents.

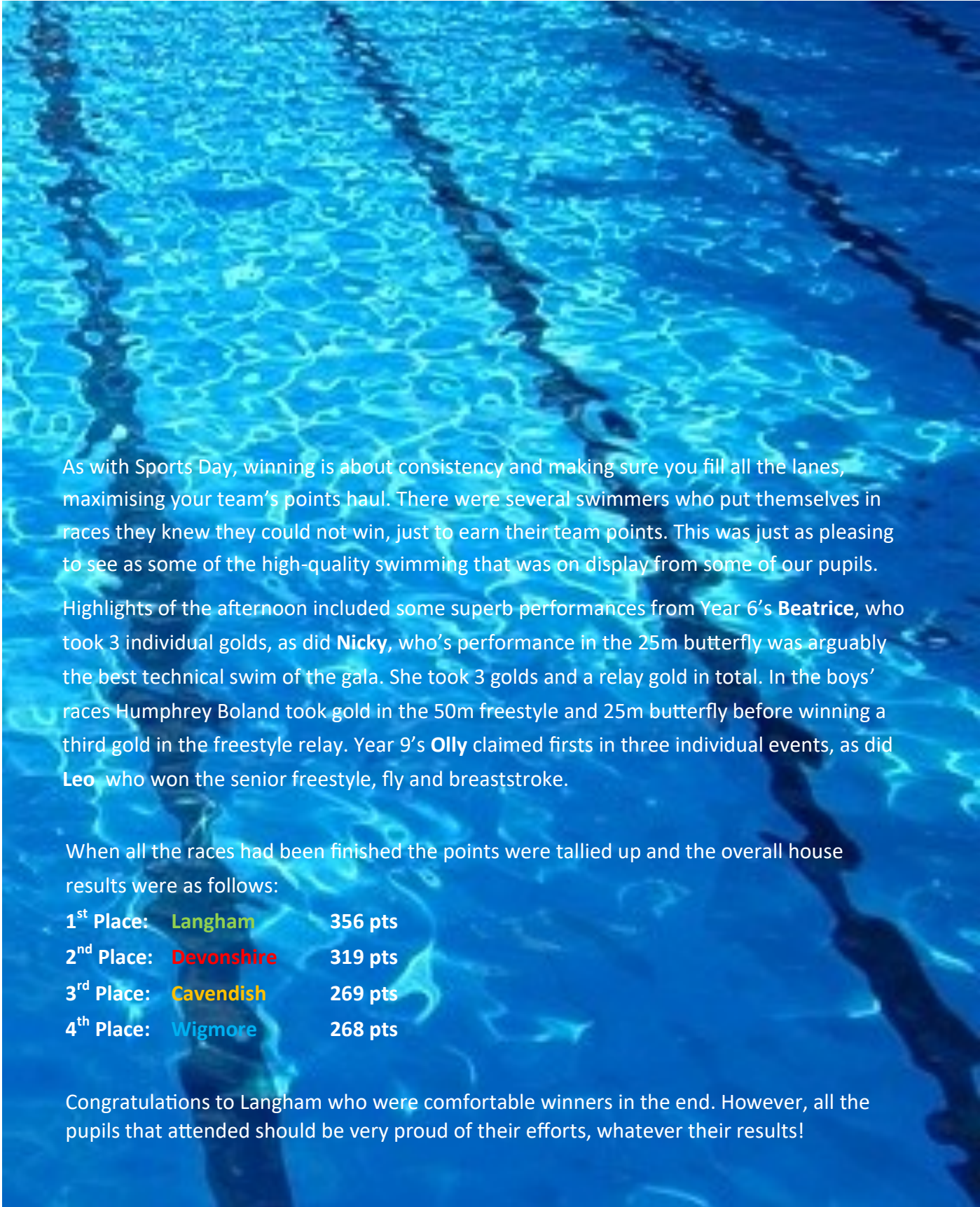
Throughout the last two weeks the pupils have been selecting their teams with the help of the various year groups' house captains who were appointed by the PE department. Our Year 9 pupils who weren't competing were all given various organisational jobs, such as timekeeping, giving out the medals and scoring, and the event ran all the more smoothly thanks to their efforts.

There were 34 races to complete in the two hours scheduled, so the pace of the gala was relentless. Several of our younger swimmers had to be drafted into the older age groups to make-up for swimmers who couldn't be there on the day. **Lucy** and **Helena** were most notable for filling in for the Y8&9 age group and both completed a huge number of races on the day.





# Sports report



As with Sports Day, winning is about consistency and making sure you fill all the lanes, maximising your team's points haul. There were several swimmers who put themselves in races they knew they could not win, just to earn their team points. This was just as pleasing to see as some of the high-quality swimming that was on display from some of our pupils.

Highlights of the afternoon included some superb performances from Year 6's **Beatrice**, who took 3 individual golds, as did **Nicky**, who's performance in the 25m butterfly was arguably the best technical swim of the gala. She took 3 golds and a relay gold in total. In the boys' races Humphrey Boland took gold in the 50m freestyle and 25m butterfly before winning a third gold in the freestyle relay. Year 9's **Oilly** claimed firsts in three individual events, as did **Leo** who won the senior freestyle, fly and breaststroke.

When all the races had been finished the points were tallied up and the overall house results were as follows:

1 <sup>st</sup> Place:	<b>Langham</b>	356 pts
2 <sup>nd</sup> Place:	<b>Devonshire</b>	319 pts
3 <sup>rd</sup> Place:	<b>Cavendish</b>	269 pts
4 <sup>th</sup> Place:	<b>Wigmore</b>	268 pts

Congratulations to Langham who were comfortable winners in the end. However, all the pupils that attended should be very proud of their efforts, whatever their results!



## Individual Results

Age Group	Race	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Y6&7 Girls A	Backstroke: 50m	McHugh-Tibbetts 49.4	Soriano 51.5	Hayward 58.7
Y6&7 Boys A	Backstroke: 50m	Olmeo 53.6	Sacha 59.1	Khan 1:05.6
Y6&7 Mixed B	Backstroke: 25m	Soriano 22.2	Kikuchi 29.3	Petrosyan 36.2
Y8 Boys A	Backstroke: 50m	Hirst 49.2	Kikuchi 59.4	Tsang 1:15.
Y8&9 Girls A	Backstroke: 50m	Javadzedah 41.9	Lewis Takeyama 54.0	Bahbahani 1:06.5
Y9 Boys A	Backstroke: 50m	Gadney 49.3	Hennebry 50.5	Dawson 58.2
Y8&9 Mixed B	Backstroke: 25m	Sheward 19.3	Coombes 22.8	Campbell 32.1
Y10&11 Boys	Backstroke: 50m	Sellens-Flack 45.0	Thompson 46.8	Osgerby 47.2
Y6&7 Girls A	Freestyle: 50m	Boland 43.3	Hayward 55.6	Meadows 1:12.5
Y6&7 Boys A	Freestyle: 50m	Morby 44.5	Mahmud 47.1	Parvizian 56.9
Y6&7 Mixed B	Freestyle: 25m	Morby 20.6	Kikuchi 22.1	Petrosyan 25.7
Y8 Boys A	Freestyle: 50m	Boland 36.0	Hirst 36.9	Forbes 51.6
Y8&9 Girls A	Freestyle: 50m	Magomedova 41.8	Soriano 45.8	Lewis Takeyama 48.7
Y9 Boys A	Freestyle: 50m	Sheward 38.5	Dawson 49.0	Moge 55.3
Y8&9 Mixed B	Freestyle: 25m	Coombes 17.6	Mavrov 19.3	Kikuchi 23.1
Y10&11 Boys	Freestyle: 50m	Newberry	Fryer-Jacobs	Sellens-Flack
Y6&7 Girls A	Butterfly: 25m	Olmeo 25.4	Morby 26.7	Mahmud 28.4
Y6&7 Boys A	Butterfly: 25m	Boland 23.5	Soriano 25.4	Hayward 31.0
Y8 Boys A	Butterfly: 25m	Boland 19.9	Hirst 22.4	Kikuchi 33.7
Y8&9 Girls A	Butterfly: 25m	Javadzedah 17.7	Annabelle 20.9	McHugh-Tibbetts 25.9
Y9 Boys A	Butterfly: 25m	Hennebry 21.1	Sheward 22.7	Mavrov 26.1
Y10&11 Boys	Butterfly: 50m	Newberry 46.3	Aldis 58.9	Osgerby 1:03.0
Y6&7 Girls A	Breaststroke: 50m	Boland 1:08.2	Hayward 1:09.0	Chow 1:12.4
Y6&7 Boys A	Breaststroke: 50m	Evans 1:13.4	Klein 1:15.3	Parvizian 1:19.6
Y6&7 Mixed B	Breaststroke: 25m	Mahmud 29.4	Suzuki 33.8	Klein 38.1
Y8 Boys A	Breaststroke: 50m	Forbes 55.0	Hirst 57.9	Tsang 1:39.2
Y8&9 Girls A	Breaststroke: 50m	Javadzedah 49.2	Lewis Takeyama 1:10.8	Meadows 1:26.2
Y9 Boys A	Breaststroke: 50m	Sheward 49.8	Hennebry 58.3	Coombe 1:02.1
Y8&9 Mixed B	Breaststroke: 25m	Dawson 26.3	Grosvenor 28.0	Lee 28.1
Y10&11 Boys	Breaststroke: 50m	Newberry 48.8	Fryer-Jacobs 52.8	Sellens-Flack 52.9



# Sports report

Y6&7 Mixed	Freestyle Relay 4 x 25m	<b>Wigmore</b> Soriano Morby Sacha Morby: 1:21.5	<b>Langham</b> Olmeo Boland Petrosyan Suzuki: 1:35.7	<b>Cavendish</b> Meadows Chow Ashcroft McHugh-Tibbetts: 1:39.5
Y8&9 Mixed	Freestyle Relay 4 x 25m	<b>Langham</b> Boland Coombe Dawson Nother: 1:13.5	<b>Devonshire</b> Magomedova Hennebry Moge Hirst: 1:16.2	<b>Wigmore</b> Soriano Bahbahani Mavrov Gadney: 1:26.5
Y6&7 Mixed	Medley Relay 4 x 25m	<b>Wigmore</b> Soriano Morby Sacha Morby: 1:50.0	<b>Langham</b> Boland Suzuki Olmeo Petrosyan: 1: 51.7	<b>Cavendish</b> Kikuchi Klein Chow McHugh-Tibbetts: 1: 51.8
Y8&9 Mixed	Medley Relay 4 x 25m	<b>Devonshire</b> Hirst Magomedova Javadzedah Hennebry: 1:26.4	<b>Langham</b> Coombe Boland Annabelle Dawson: 1:29.0	<b>Cavendish</b> Grosvenor Sheward Brudenell-Turpie McHugh-Tibbetts: 1:33.0





## Year 6&7 House Basketball

On Tuesday afternoon the Year 6&7's all went to the Seymour Centre to play in their house basketball tournament. With the Grease rehearsals finishing at lunchtime the whole of Year 6&7 were available to play and it was Cavendish that had the biggest team, with 10 players in their squad. It was decided to play 6-a-side, keeping with the spirit of house sport, allowing more pupils to be on court at once. At half time each house would need to bring their remaining players on, giving everyone equal playing time.

The tournament format was a round-robin, with every team playing each other once, and the winning house being decided on points, with 3 points for a win, 1 for a draw and 0 for a loss. In the event of a tie, the result would be determined by basket difference.

### Game 1:

#### Cavendish vs Devonshire

**Noah Klein** scored the opener for Cavendish in what was a tight match, with the teams largely cancelling each other out. **Lucy** got another for the yellows late on to give Cavendish a 4-0 win.

### Game 2:

#### Langham vs Wigmore

In another tight match, **Roman** claimed Wigmore's first and only basket of the match, but it was enough to claim the victory 2-0 and get Wigmore off to a good start.

### Game 3:

#### Cavendish vs Langham

Cavendish's **Joe** opened the scoring, but Langham hit back quickly with a great basket from **Dario**. Joe wasted little time in restoring the yellow's lead with his second score. In the second half, Joe netted for a third time and the score didn't change after that, despite Langham's best efforts. The result was a 6-2 win to Cavendish – their second win.



## Game 4:

### Devonshire vs Wigmore

This match was a physical contest with numerous fouls given away by both teams. The deadlock was broken by **Jacob Morby** quite late into the second half and though Devonshire battled hard they could not find a way to score.

## Game 5:

### Wigmore vs Cavendish

With two wins from two, Cavendish knew that with another win they couldn't be denied the overall win. Wigmore, however, had other ideas and took the lead through **Jacob**. Cavendish hit back with a score from **Tom**, and then extended their lead with a nice net from **Rosie**. This was looking like the game of the tournament so far. **Lucy** gave Cavendish a three-point lead, netting her second attempt from the foul line, but Roman closed the gap immediately after. In this brilliant match no lead was held for long, and Rosie put Cavendish's noses back in front with her second score. The final score was 7-4 to Cavendish.

## Game 6:

### Langham vs Devonshire

In the final match Devonshire were in with a chance of securing 2<sup>nd</sup> place and took an early lead through **Enzo**. It just wasn't meant to be for Langham, although they battled hard. They were unable to find the net and succumbed 2-0.

## Points

House	Points	For	Against	Difference
Cavendish	9	17	4	+13
Devonshire	6	4	4	0
Langham	0	2	10	-8
Wigmore	3	6	9	-3

## Top Scorers

Noah 1  
Lucy 2  
Roman 2  
Joe 3  
Dario 1  
Jacob 2  
Tom 1  
Rosie 2  
Enzo 1



# Sports report





## U13 Basketball vs North Bridge House Canonbury

After playing basketball in their afternoon lesson at the Moberly Centre, the Year 8 boys' team was well warmed-up and prepared to take on North Bridge at London Metropolitan University. This explains why they go off to such a good start, taking an 0-8 lead in the first quarter thanks to scores from **Taishi**, **Eddie**, **Humphrey** and **Spike**. North Bridge's attacks were limited to speculative long-range shots, whilst Portland were able to dominate possession and should probably have scored more often. Eddie and Humphrey were dominating under the hoop, winning the lion's share of the rebounds, but PPS struggled to hit the target from close range and were frustrated to see many of their shots bouncing off the rim.

PPS were the superior dribblers, with Taishi and **Abdullah** moving the ball up the court showing some nice switches and two-handed control. Taking a 12-0 lead, North Bridge eventually got themselves onto the scoreboard and the halftime score was 2-12.

**Flynn**, **Tyler** and **Nate** entered the game in the second quarter and throughout the second half. Flynn played his best basketball in the 4<sup>th</sup> quarter and like Nate was successful in moving into space and providing passing options for the guards. Both players passed the ball well, whilst Tyler drove to the hoop on a few occasions and made several fast brakes, adding his name to the score sheet.

North Bridge mounted something of a comeback, narrowing Portland's lead to 8-14 in the third quarter, but PPS began to control play in the 4<sup>th</sup> and were able to make a couple of baskets to take the score beyond North Bridge's reach. At the final whistle the result was 8-20 in Portland's favour and was a well-deserved win thanks to an energetic and hard-fought performance from all 8 of our players. A little more finesse from close range and just under the basket would have given the team a much larger margin of victory, so this is certainly something the boys should be looking to practice.

Well done to all involved. Player of the match: **Taishi**





## NEXT WEEK'S CLUBS & FIXTURES

Mon 20<sup>th</sup> Mar:

Y9&10 basketball vs Fairley House, The Regal, 2.00pm  
Table tennis club, PPS Hall, 1.10-1.45pm  
Karate Club, PPS Hall 4.00-5.00pm  
Football club, Regent's Park (transport provided) 3.50–5.15pm

Tues 21<sup>st</sup> Mar:

Y6&7 football vs Thames Christian College, Falcon Park, 2.15pm

Wed 22<sup>nd</sup> Mar:

Y10 boys' tag rugby vs North Bridge House Canonbury, Regent's Park, 2.00pm  
Running club, Regent's Park, 12.50 – 1.20pm  
GCSE PE Revision Club. Rm G31, 1.10 – 1.45pm  
Fencing club, PPS Hall, 4.00-5.00pm

Thurs 23<sup>rd</sup> Mar:

Y9 mixed House Cross Country, Regent's Park, 11.00am  
Y10 house basketball, Moberly Centre, 2.00pm  
Weight training club, PPS changing rooms, 12.50-1.30pm  
Dance club, Rm 11, 12.50-1.30pm  
Basketball club, Church Street Leisure Centre, 4.00-5.15pm

Fri 24<sup>th</sup> Mar:

Y10&11 boys' basketball vs North Bridge House Canonbury, Queensbridge Leisure Centre, 2.00pm  
Y8&9 house rugby, Regent's Park, P5&6



## Enrichment—Second Half of Spring Term 2023

Activity	Staff	Room
Advanced Maths	TTO	G21
Basketball (Senior)	JKU	Offsite. Meet PE changing rooms at 1.50pm
Boxing	JKU	Offsite. Meet PE changing rooms at 1.50pm
Climbing	WBR & LVW	Offsite. Meet in Room 1 at 1.30pm
Cooking Club	KPA & RLE	Dining Hall & Kitchen
Cricket Nets at Lords	LST & AIS	Offsite. Meet PE changing rooms at 1.50pm
F45 Fitness	CBY & TLA	Offsite. Meet in PE changing rooms at 1.50pm
Fencing	JVA & FSY	PP Hall
Filming Techniques	BSO	G31
Horrible Histories	PLE & JWO	Room 22
London Zoo	ECO & CMH	Offsite. Meet in Library at 1.30pm
Prop Making	DWO, LDE & CHU	B1
Production—'Grease'	RAL, SHI, AJU & CBO	Drama Studio & Room 1
Spring Crafts	CFL & CBI	Room 36
Velo Park	TTC & HSI	Offsite. Meet outside PP at 1pm
Y11 Independent Study 1	DBL	LAB 1
Y11 Independent Study 2	MTH	LAB 2
Y11 Independent Study 3	KOL	G22



## Clubs for Spring Term 2023

Day	Time	Activity	Staff	Location	Year Groups
Mon	12:50-13:50	Table Tennis Club	JKU	PP Hall	All
Mon	12:50-13:30	KS4 Design Drop-In Clinic	DWO	B1	10 & 11
Mon	12:50-13:45	String Ensemble	R H'white	R1	All
Mon	13:15-13:45	Chemistry Revision Club	HSI	Lab 3	10 & 11
Mon	13:15-13:45	Year 9 Science Clinic	RLE	Lab 2	9
Mon	12:50-13:45	Chinese Club	TLA	G33	All
Mon	12:50-13:45	Rock Band	DMC	R2	All
Mon	13:15-13:45	UKMT Maths Challenge	AIS	34	All
Mon	13:15-13:40	Board Games	DFL & ECO	R11	6-9
Mon	15:45-17:00	KS4 Design Drop-In Clinic	DWO	B1	10 & 11
Tues	12:50-13:30	KS3 Design Club	DWO	B1	8 & 9
Tues	13:15-13:45	Year 9 Science Clinic	RLE	Lab 2	9
Tues	12:50-13:45	PPS Choir	SHI & CBO	R1	All
Tues	13:15-13:45	Physics Revision Club	WBR	Lab 3	10 & 11
Tues	13:15-13:45	English Language Surgery	JHU	R43	11
Tues	15:50-17:15	Football Club	tbc	Regents Park	All
Tues	16:00-17:00	KS4 GCSE Art Club	LDE	Art Studio 1	10 & 11
Tues	15:45-17:00	KS4 Design Drop-In Clinic	DWO	B1	10 & 11
Wed	12:50-13:30	KS4 Design Drop-In Clinic	DWO	B1	10 & 11
Wed	12:50-13:45	Music Theory Club	ZBO	R42	All
Wed	12:50-13:50	Russian Club	PZA	R24	All
Wed	12:50-13:45	Percussion Ensemble	J Morrison	R2	All
Wed	12:50-13:50	Running Club	LST	Regents Park	All
Wed	15:45-17:00	KS4 Design Drop-In Clinic	DWO	B1	10 & 11
Wed	16:00-17:00	Fencing Club	Fencing coach	PP Hall	All
Thurs	12:50-13:45	Woodwind Ensemble	J Slack	R1	All
Thurs	12:50-13:30	KS3 Drama Club	TNO	Drama Studio	6-9
Thurs	12:50-13:50	Dance Club	CBY	R11	All
Thurs	12:50-13:50	Beginner French / Spanish	FSY	G33	6 – 9
Thurs	12:50-13:30	Weight Training Club	SRI	Boys C/ Rooms	All

\*\* by invitation only for KS3, Art Scholarship holders must attend



## Clubs for Spring Term 2023

Day	Time	Activity	Staff	Location	Year Groups
Thurs	13:15-13:45	Biology Revision Club	RLE	Science Lab 2	10 & 11
Thurs	13:15-13:45	Coding Club	MMC	33	6-8
Thurs	13:15-13:45	Spanish GCSE Club	CFL	G33	10 & 11
Thurs	16:00-17:00	PPS Chamber Choir	CBO	R1	All by audition
Thurs	16:00-17:00	Art Club	TMO & LDE	Art 1 & 2	All **
Thurs	16:00-17:15	Basketball Club	SRI	Leisure Centre	All until 26/1
Fri	12:50-13:45	Brass Ensemble	W Brown	R2	All
Fri	12:50-13:50	Japanese	Yekta	R24	7 – 9
Fri	12:50-13:30	KS4 Design Drop-In Clinic	DWO	B1	10 & 11
Fri	13:15-13:45	Science Exam Skills	DBL	Science Lab 1	10 & 11
Fri	13:15-13:45	KS4 Maths Club	KPA	Science Lab 1	10 & 11
Fri	13:15-13:45	KS3 Maths Club	AZE	33	6 – 9
Fri	13:15-13:45	French Bilingual Club	TLA	B3	7 – 9
Fri	15:45-17:00	KS4 Design Drop-In Clinic	DWO	B1	10 & 11

\*\* by invitation only for KS3, Art Scholarship holders must attend

### Term Dates

#### Academic Year 2022/2023

##### Autumn Term 2022

Staff Inset (closed to students)	Wednesday 31 August – Thursday 1 September 2022
Induction (new students)	Friday 2 September 2022
Term Starts	Monday 5 September 2022
Half term	Monday 17 October – Friday 28 October 2022
End of term	Friday 16 December 2022
Christmas holiday	Monday 19 December 2022 – Friday 6 January 2023

##### Spring Term 2023

Staff Inset (closed to students)	Monday 9 January 2023
Term Starts	Tuesday 10 January 2023
Half term	Monday 13 February – Friday 17 February 2023
End of Term	Friday 31 March 2023
Easter holiday	Monday 3 April – Friday 21 April 2023

##### Summer Term 2023

Staff Inset (closed to students)	Tuesday 24 April 2023
Term Starts	Tuesday 25 April 2023
Bank Holiday	Monday 1 May (school closed)
Half term Holiday	Monday 29 May – Friday 2 June 2023
End of Term	Friday 7 July 2023



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