Dear parents, students, staff and governors,

As we reach the end of this most unusual year, it is only natural to remember all the events that have been cancelled or postponed and to think, in particular, of those students in years eleven and thirteen for whom the traditional ‘rites of passage’ were cancelled without notice. However, rather than focus on what might have been, we should celebrate what we have achieved. Our strength as a community has been evident in the way the overwhelming majority of students have adapted to remote learning and continued to make good progress; in the way so many have embraced extra-curricular opportunities, albeit in new formats and, above all, in the way the County spirit has prevailed with students and staff supporting each other and those in need in a variety of ways.

We should not be surprised at these achievements, reflecting, as they do, our core values of ‘doing our best’; ‘getting involved’ and being that ‘nice person to know’. Traditionally, our whole school assembly on the final day celebrates our values and reflects them in our prizegiving. This edition is dedicated to celebrating them through this month’s activities and through the award of those cups and shields which we would normally present.

As the year ends, we pay tribute to those who are leaving us and we look forward to the whole school returning in September. In the meantime, I thank all sections of our community for their support and wish everyone a restful summer.

Mrs V. Neale

Thank you to our Duke of Edinburgh participants

We congratulate our students across years ten to thirteen who have got involved in the Duke of Edinburgh’s Award scheme this year and who have given something back to the community through the volunteering section. We were pleased to receive recognition of their contribution from the Award’s central team.

Thank you

Thank you to the Duke of Edinburgh’s Award participants from County Upper School who donated 1391 hours of voluntary service to the local community*

The social value of these hours is £6,050

* Number of hours of volunteer service is based on participants who have achieved their volunteering section between 1 April 2019 and 31 March 2020

June 2020

STEMtastic Event

As the Science Learning Partnership for Norfolk and Suffolk and the STEM Ambassadors’ Lead for the East, we were delighted to work with West Suffolk College to provide the virtual STEMtastic Fair this month. Our students got involved in a number of ways, Mr Western provided a video of his popular demonstrations of some of the more exciting chemical reactions and several of our staff ran online courses for teachers. We thank all involved led by Dr Hanfrey.

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June 2020

Mrs V. Neale
The Medicine in Action Conference

This month five of our students attended the online Medicine in Action conference at which they heard presentations from practitioners of various branches of medicine. Presenters shared their education and career paths, as well as details of their day to day working lives (‘warts and all!’) We congratulate the following on getting involved and participating well: Lucy Warland and Dominic Smith from year eleven. Marla Ind in year twelve and Archie Harris and Elhem Loukily in year thirteen. Lucy and Elhem wrote:

’It was really interesting to see the different things each doctor encounters on a daily basis and have an insight into a few of the common operations they do. It definitely clarified for me that being a doctor is something I want to do.’ (Lucy)

’I really enjoyed the conference, most of all hearing about all the different pathways you can take in the field of medicine and all the different areas you can specialise in. It definitely helped me to start thinking about areas I would be interested in working in the future. One of my favourite parts was being able to see a clip of how hearts are preserved before transplant using technology. This was a great example to show how far medical technology has advanced through the years and how it benefits us today.’ (Elhem)

We thank Dr Hanfrey for organising it.

The Youth STEMM award

We congratulate all those students who have got involved in this national award scheme. One of the sections requires students to engage the public. This month Anna Whitchurch in year nine wrote an excellent article to encourage teenagers to follow a healthy diet. Well done Anna; we reproduce your article on the right.

Engaging the public: School Newspaper Article

Healthy Teenage Diet

As a teenager, having a healthy balanced diet is important. With all the growing, work and stress, it is important to maintain a healthy diet. Being a teenager is not easy but following a healthy diet will make it easier.

Let us start where every day starts. Breakfast. I am sure all of you have heard that breakfast is the most important meal of the day. There does not seem to be a clear answer but there is a clear agreement that breakfast is an important meal of the day. Breakfast gives you the energy to start the day. Energy is not an excuse to fill up on sugar. A healthy breakfast gives complex carbohydrates, such as bread, to give you lasting energy. Some examples of a healthy breakfast would be, wholegrain toast, cereal with semi-skimmed milk, porridge, or a boiled egg with toast. Any of these options would be a perfect healthy breakfast for a teenager.

We all love to snack. Having a biscuit at ten is a great way to get you through the morning. But snacks are not necessarily healthy and can end up having a lot of sugar, which is not good for you. The dream would be not having to snack at all but if you are very hungry try having some fruit (or maybe some dried fruit to mix it up), whole meal pitta with low fat hummus, low fat yoghurt or even some assorted nuts. Having a biscuit or slice of cake occasionally is fine but try to stick to the healthy options.

Lunch and dinner are just as important as breakfast; it helps give you energy through the rest of the day and can provide lots of vitamins to maintain good health. Eating starchy food like potato and pasta is great. Iron is also important in a teenager’s diet (particularly for girls) so having red meats, beans, dark green vegetables, wholegrains, and dried fruits with meals would benefit your health. Having over one portion of vegetables or fruit is a great tip to makes your lunch even healthier.

Almost everyone learnt in school that drinking a lot of water is good for your body. Aiming for about 6-8 glasses of water a day should be sufficient and healthy. Other liquids such as fruit juice or smoothies are a great drink for breakfast, but it is recommended to only drink 150ml a day (that is about one small glass). Low fat milk is also great, having a glass of milk (or any non-dairy milk products with calcium in) will strengthen bones and teeth. Drinking energy drink and fizzy drink are not great for a teenager’s health so try and limit them as much as you can. They may give energy for a small amount of time but they contain a lot of caffeine and sugar and they will cause a ‘sugar down’.

Because we are one of the most active age groups and the most quickly growing, we need a lot of calories. Boys are recommended 2,800 and girls are recommended 2,200. Even though we need so many calories, it is still important to eat healthily to avoid diabetes, heart disease and obesity. If you follow a healthy diet, you should have no problem with getting enough calories, vitamins, and minerals to get you through your day.
The STEMM Challenges

Throughout the term, students in years nine and twelve, have done some excellent work towards their awards. The photos show work on diffusion undertaken at home. We congratulate:

**Year 9**
- Eliza Batholomew
- Anthony Baugh
- Olivia Chandler

**Year 12**
- Rose Bainbridge
- Isaac Campbell
- Taryn Clarke
- Lucy Curwen
- Sam Doherty
- Marla Ind
- Abi Knowler
- Tom Roberts
- Dodi Rukhadze
- Jake Saunders
- India Fordham
- Olivia Moorcroft
- Emily Waller

The Sports Challenges

**Virtual Suffolk Schools Games**

This month students had the opportunity to compete against other schools around the county in the Virtual Suffolk Schools games. The games consisted of a number of challenges which were completed at home. We especially commend the efforts of **Bobby Bond** and **Katie Fuller**, among others, who represented the school in a number of events.

**Virtual Sports Day**

Normally at this time of year, students in year 9 and 10 are enjoying the sunshine and competing in our annual sports day. Instead we designed our first ever **Virtual Sports Day** which let students compete in a number of challenges from home. Points were awarded to anyone who took part with bonus points up for grabs for the winners of each event. It was a closely fought contest but in **year 9**, **Edmund** came out as winners whilst year **10 Jocelyn** came out victorious. Well done to all who **got involved**.
Hope for the Future

Much has been said about how the period of lockdown has resulted in acts of kindness and generosity, how people have shown community spirit, helped others, found time to care and to be a friend. These values along with honesty, loyalty, integrity, reliability and a willingness to give something back are all the values we sum up in the phrase, ‘being a nice person to know’ and together with remaining cheerful and hopeful are all attributes we encourage in our students. This term, our students were challenged to make a creative piece to encapsulate our hope for the future after the pandemic, for a world where the above values would be the norm.
We thank Miss Rhodes for organising it and congratulate all who entered.

The winners of the Hope for the Future competition are as follows:

Lower School: Esme Crichton (Year 11)
Sixth Form: Lizzy Sanders (Year 12)
Staff: Miss Pascoe
‘Star Bakers’
Creations’

A number of students have got involved in cookery and craft challenges within their tutor groups. We congratulate them all and reproduce some of their final products below.

We especially congratulate Bobby Bond and Kayleighann Parish in year ten who each received a letter from Suffolk County Council congratulating them on their involvement in their school work and extra challenges during the lockdown period.
Our Tribute to Year Thirteen

The year thirteen of 2020 have contributed hugely to all areas of County Life and this is reflected in the number of colours certificates awarded for getting involved in, and giving loyal, committed service to, dance, drama, music and sport as well for service to our school community in a variety of ways. We congratulate all those who have been awarded their colours.
SPORT
Luca Beadle
Katie Chadwick
Alex Cotton
Josh Hales
Hannah Pamplin
Cameron Poolton
Tom Revell
Suzie Reid
Harry Smart

SERVICE TO THE SCHOOL COMMUNITY
Sasha Arya
Kate Bastow
Luca Beadle
Ella Bell
Harry Bentley
Isabel Berry
Jack Bowyer
James Bradley
Zak Brook
Cerys Brown
Jamie Brown
Emily Burbidge
Emily Camilleri
Connor Cattanach
Chloe Caulder
Katie Chadwick
Sofia Charalambous
Toby Chittock
Megan Clutterham
Michael Collier
Hannah Cooper
Alexandra Cotton
Hannah Cox
Scarlett Cutting
Katie Drayton

...continued
SERVICE TO THE SCHOOL COMMUNITY

Francesca Ellis
Alasdair English
Jo Ford
Ben Foreman
Natasha Gadsdon
Amelia Gawne
Cameron Gibson
Nina Grant
Frederick Green
Nancy Griffith
Josh Hales
Christopher Hammond
Archie Harris,
Rowan Harris
Wilf Harvey
Betty Hoggar
Thomas Kitchin
Arnav Kumar
Simon Lee
Tilly Leighton
Jack Lillistone
Katie Lloyd
Elhem Loukily
Nicky Lucchi
Polly Lupton
Samuel Mayo
Jayjay McKenzie Vince
Caelan Mortlock
Francesca Murrell
Kian Neary
Jack Newbury
Hannah Pamplin
Millie Perry
Cameron Poolton
Logan Pyle

...continued
Alongside this huge number of year thirteen students who have got involved in County life and given a lot back, are a number who demonstrated that they always gave their best by not dropping a grade in any of their assessments from the start of year nine. We congratulate: Sasha Arya, Hannah Cox, Amelia Gawne, Wilfrid Harvey, Elhem Loukily, Polly Lupton, Francesca Murrell, Hannah Pamplin, Logan Pyle, Amelia Shingleton and Elizabeth Shingleton.

It is a quite remarkable achievement to gain all five sets of colours certificates, to never drop a grade in an assessment, to have 100% attendance across all five years, to chair the School Council, to be Captain of Equestrian and to be Head Girl. It is difficult to imagine how any student could better reflect our values. We congratulate Hannah Pamplin on this truly outstanding record and thank her for all she has contributed.
Our End of Year Prizes

It is not possible this year to award the academic prizes we usually present to students who are judged by their teachers and tutors to be the ones who have given the best in each subject and tutor group. However, we are awarding the cups and shields that are largely given to year eleven and thirteen to recognise their involvement and service during their three and five years, respectively.

Giving Your Best

Certificates of Merit – Top 20 Boys and Girls Year 9
Charlie Bradford, Grace Brighty, Shane Cantell, Angelise Carpenter, Molly Cocksdale, Freya De’Ath, Cornelius Jones, Violet Jones, Keigan Klimowicz, Thomas Mableson, Phoebe Martin, Alfie Moore, Molly Oliver Megan Spearman, Millie Spearman, Freddie Stewart, Clyton Taylor-Anderson, Benjamin Travell, Fernando Vieira and Jessica White

Certificates of Merit – Top 20 Boys and Girls Year 10

Certificates of Merit – Top 20 Boys and Girls Year 11

The Michael Woodhouse Shield:
Awarded for the best progress in year nine
Keigan Klimowicz

The Webb Shield:
Awarded for the best progress in year ten
Halime Karaca
The Heilgers Cup
Lieutenant Colonel Frank Heilgers was our town’s MP in the 1930s. He donated a solid silver cup to our school and, as he was a true servant of our town, it is awarded annually to a year thirteen student who has given outstanding service to County Upper. This year’s winner has given hugely to school music, to our charity fundraising and to supporting our technical work, particularly video-making. He also co-ordinated the excellent 2019 sixth form revue. For 2020, the Heilgers Cup is awarded to Ben Foreman.

The Martlet Award
The birds on our school crest are Martlets. The original crest contained five martlets and is the arms of Edward the Confessor, dating back to 1044 and the history of the town’s abbey. The crest formed part of the arms of West Suffolk County Council and was first used by our school when it was the West Suffolk County Grammar School. The award reflects our history and looks to our future. It is given annually to a year thirteen, who has always given their best, got thoroughly involved and been ‘that nice person to know’. The Martlet Award for 2020 is awarded to James Bradley.
**Attendance**

It is obvious that if you are absent, you cannot do your best, get involved or serve our school. That is why we work hard to ensure our attendance is always high, well above local and national averages. We congratulate those students who had 100% attendance up until schools were closed and who have submitted work showing that they attended their virtual classrooms daily.

**Year 9**
- Benjamin Allum
- Daisy Barker
- Eliza Bartholomew
- Anthony Baugh
- Shaun Belcher
- Ellie Bird
- Charlie Burrows
- Alex Cook
- Ralph Cooper
- Anika Cox
- Oscar Crichton
- Freya De’Ath
- Tj Fayers
- Morgan Ford
- Katie Fuller
- Sophie Gathorne-Hardy
- Grace Gower
- Jack Griggs
- William Hannah
- Jack Harris
- Nicholas Henderson
- Angus Hudson
- William Hudson-White
- Cornelius Jones
- Nicholas Keating
- Lois Kerr
- Johannes King
- Keigan Klimowicz
- Joshua Lane
- Samuel Loose
- Thomas Mableson
- Phoebe Martin
- Adam Mc Lanachan
- Alexander McMahon
- Samuel McMahon
- Jacob Meredith
- Alfie Moore
- Ruby Old
- Isobel Perry
- Lily Ring
- Archie Roberts
- Ethan Rogers
- Trudy Ruse
- Erin Sawyer
- Arjun Sidhu
- Otis Siebke
- Harmony Skingle
- Millie Spearman
- Megan Spearman
- Carenza Stickland
- Kai Tan
- Chloe Taylor
- Lotti Varney
- Fernando Vieira
- Eduardo Vieira
- Amelia Wake
- Isabel Ward
- Harry Wooldridge
- Harvey Wright
- Rebecca Young

**Year 10**
- Rebecca Argent
- Emma-Louise Barrett
- Joseph Bentley
- Evie Bird
- Millie Bragg
- Oliver Camilleri
- Jay Carter
- Joshua Carter
- Samuel Chapman
- Valeria Ciobanu
- Lillie Clarke
- Ryan Creek
- Ellie Davis
- Amelia Dembczynska
- Jessie Demore
- Jos Dickens
- Dimana Dimova
- Aidan Durrant
- Eva Edwards
- Samuel Evans
- Danny Fawcett
- William Fayers
- Abby Fletcher
- Rona French
- Niall Gibbons
- Monica Gibbons
- Beth Green
- Ewan Hallstone
- Millie Hale
- Jessica Hammond
- Joe Harris
- James Henderson
- Kitty Hill
- Judy Ismail
- Daniel Jackson
- Francesca Konrath
- Eva Lawrence
- George Laws
- Esme-Rose Linares
- Mapuchi Mahamah
- Emily Matthews
- Leo Mosley
- Archie Murrell
- Hasuka Newland
- Kenny Oliver
- Lauren Owers-Smith
- Erin Parker
- George Possnett
- Olivia Price-Jones
- Evie Pyle
- Tanya Rajajogan
- Tarran Riches
- Grace Ripley Jones
- Esmeee Robinson
- Emily Smith
- Harry Smith
- Marcus Steventon
- Chloe Taylor
- Isabelle Tee
- Ben Templeton
- William Thomson
- Ellie Turner
- Charlotte Utting
- Lauren van Wijk
- Matthew Waller
- Jack Wappett
- Declan Williams
- Freya Wilson
- Ellen Wright

* these students have not missed a day’s education for two years.

**Year 11**

Special prizes have been awarded to those year eleven students who have had 100% attendance for their three years at our school.

Kabita Amroota, Jack Bates, Joe Bradford, Alfie Burrows, Esme Crichton, Thomas Green, Darcie Hall, Thomas Handford, Samantha Hudson, Connor Lewis, Megan Pask, Charlotte Rice, Amy Steggall, Alice Tee and Jacob White.

**Year 12**

Special prizes have been awarded to those year twelve students who have had 100% attendance for their four years at our school.

David Byworth, Henry Campen, Philippa Corley, Jessica Konrath, Joshua Loose, Alexander Murfitt, Joshua Murfitt, Jake Saunders, Emily Waller and Nathaniel Watkins.

**Year 13**

Special prizes have been awarded to those year thirteen students who have had 100% attendance for their five years at our school: Amelia Gawne, Hannah Pamplin, Brennan Rolfe and Harry Smart.
Today we say farewell to a number of colleagues.

Mr Willis joined in September 1992 as Head of the Science Faculty. He quickly, quietly, determinedly and efficiently transformed it beyond recognition and it was the strength of his faculty that underpinned our successful bid to be one of the very first specialist schools in the country in 1996. Those same attributes and many more led him to be appointed to the senior leadership team, firstly as an Assistant Head Teacher and then as the Deputy Headteacher in 2005. It is impossible to do justice to Mr Willis’ enormous, sustained contribution to County Upper over such a long time. His service has been truly outstanding and there are literally thousands of former students whose lives he has influenced. It is very difficult to imagine County Upper without him and we wish him the long, happy retirement he deserves.

Mrs Kelsey joined County Upper in 1983 and for the last thirty-seven years she has acted tirelessly for the good of all of our students. Throughout this time, she has assumed responsibility for what has been home economics, food technology, child care and child studies. She was also Head of the Design faculty and from 2006 she was our senior teacher, pastoral. Mrs Kelsey never gives up on a student nor on her own high standards. The examination results she has obtained have always been excellent. More than that, literally thousands of young people, especially those with the most difficulties, have thrived as a direct result of the time, care and support she has given them. Mrs Kelsey is a true professional and a true champion for all young people: their success and their warm gratitude will be her legacy.

We also wish a long and happy retirement to Mrs Walker, our examinations officer, Mrs Willis and our food technician, Mrs Flack. All three have given loyal, committed service to our school and will be missed.

Mr Masterman has taught mathematics at our school for sixteen years. Always remaining calm and encouraging, many students have appreciated him as both a teacher and a tutor and we will miss him. Ms Rehahn has given thirteen years’ excellent service to the humanities faculty and given hugely to extra-curricular events including our politics society, recycling programme, model united nations events and mock elections. Mr Pollard is a former County Upper student and has brought our school’s spirit to the English Department during the last six years where he has not only run the faculty but enabled us to enjoy many successes in public speaking competitions. We have also been hugely grateful for Mrs Ford and Mrs Wilson’s contribution to our mathematics department. We will miss all these colleagues and wish them well in their new ventures.

And finally...

When at school, we like to celebrate our students’ birthdays and so we send our best wishes to all those who had their birthday this month or celebrate in August:

**July**
- Holly Baglow
- Zará Barber
- Ben Bitker
- Sophie Boardman
- Alex Bolton
- Hayden Bond
- Amber Booker
- James Bradley
- Callum Brown
- Oliver Camilleri
- Aimee Cass
- Millie Cass
- Olivia Chandler
- Dylan Clarke
- Teddy Chittock
- Taryn Clarke
- Scarlett Cutting
- Emily Daltry
- Ellie Davis
- Aimee Francis
- Harry French
- Katie Fuller
- Joshua Gaskin
- Tom Greenslade
- Cross
- George Gunn
- Thomas Holton
- William Holton
- Lola Hopkins
- William Hutchings
- Maria Ind
- Victoria Ireland
- Judy Ismail
- Reuben Leveson-Eburne
- Lucy Markham
- Kyle McFegan
- Jack Mitchell
- Ruby Moules
- Abi Neve
- Will Newbury
- Ruby Old
- Aidan Ovenden
- Chloe Page
- Kayleighann Parish
- Millie Perry
- Holly Pryke
- Logan Pyle
- Mia Reeve
- Suzie Reid
- Jake Saunders
- Emilia Scott
- Arjun Sidhu
- Cameron Singh
- Thomas Smith
- John Somerville
- Liam Stephens
- Molly Taylor
- Sophie Thomas
- Harry Tofts
- Ellie Turner
- Harley Turner
- Olivia Underhill
- Kian Utlcy
- Ronnie Ward
- Megan Warmock
- Callum West
- Eleanor Whistler
- Macy Whitelaw
- Laurie Wicks
- Sasha Wilson

**August**
- Bethan Abberley
- Ellie Austin
- Stephen Baldry
- Kate Bastow
- Emma Baxter
- Toby Bayliss
- Skye Beer
- Ella Bell
- Charlie Bradford
- Jessie Bream
- Fabienne Brinkmann
- Alfie Britton
- Jayme Brockett
- Noah Browne
- Freddy Bullett
- Jake Burrows
- Emily Camilleri
- Allya Cifci
- Deniz Cioian
- Michael Collier
- Caitlin Collins
- Fearne Cooper
- Emily Cox
- Joshua Crawford
- Lily Cummings
- Charlie Dongworth
- Jorge Draycott
- Torrecillas
- Charlie Everitt
- Amelia Gawne
- Arthur Gedge
- Lexie Gedge
- Grace Gower
- Emily Gower
- Yasbee Grovesmith
- Ewan Hailstone
- Archie Harris
- Wahida Hasan
- Hugo Hill
- Kaitlin Hillard
- Flo Hoggar
- Jessica Howlett
- Olivia Ireland
- James Ireland
- Eleanor Jack
- Mason James
- Isabelle Johnston
- Eddie Kent-Gibney
- Freddie Keymer
- Abigail Knowler
- Christian Kwakye
- Joshua Lane
- George Laws
- Sian Lewis
- Emily Martin
- Samuel Mayo
- Chloe McQueen
- Eloise Miller
- Bethn Morgan
- Cameron Owen
- Molly Owen
- Oil Parsons
- George Preda
- Bonnie Raggett
- Sophie Reed
- Charlotte Rice
- Philippa Rice
- Jemima Savage
- Edwin Shaji
- Toby Shea
- Magic Smalls
- Harry Smart
- Dominic Smith
- Rhys Snelling
- Amy Steggall
- Ellie Stevens
- Jasmine Thomas
- Lottie Varney
- Lewis Webber
- Rosie Whitehead
- Stella Wilkinson
- Bradley Wright
- George Young