

NEWSLETTER

"I've started so I'll finish."

Magnus Magnusson (Host of the quiz show Mastermind 1972-1997)

Week 5 2022-23

MASTERMIND 2022 BEGINS – STAFF ROUND



From left to right: Mike Liptrot, Sarah Morgan, Emily Van Loo, Steve Scott (Last Year's staff winner), Dominic Tomalin (Host), Jody-Helena Williams, Martin Blake, Rebecca Baker-Milne (Technical Support), Hayley Pienaar

STAFF MASTERMIND

On the evening of Thursday 14th October, a group of nervous staff engaged in Season 2 of CATS Cambridge Staff Mastermind Competition, hosted by none other than the Principal, Dominic Tomalin, himself.

There were 7 contestants to take the dreaded Mastermind chair [top right], including last year's returning Champion Steve Scott. Each contestant had 90 seconds to answer as many questions on their chosen subject as possible. Scoring the event was Assistant Principal (Academic), Qadeer Afzal, and Assistant Principal (Pastoral Care and Personal Development), Rebecca Baker-Milne, offered technical support.

Emily Van Loo - Attendance Officer

Harry Potter and The Philosopher's Stone (Book)

Sarah Morgan - Tiger House Director

In the Night Garden (TV Show)

Jody-Helena Williams [bottom right] – Teacher of Sociology

Alex Turner (Musician)

Hayley Pienaar – Panther House Director

Rowing Lingo and Commands (Terminology)

Mike Liptrot – Teacher of Chemistry

The Chemistry of Vanadium

Steve Scott [middle right] – Senior Lab Technician

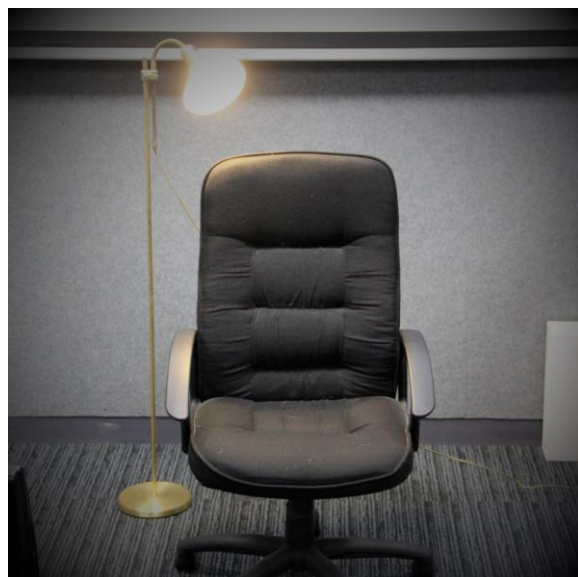
Zulu (Film)

Martin Blake – Assistant Principal

Lord of the Rings (Book Trilogy)

Following an intense competition, with some surprising and challenging questions (words will need to be had with the question setters I suspect), a clear winner came to the fore with Jody-Helena Williams picking up an astonishing 13 points, with Sarah Morgan coming in 2nd place. Both contestants will move on to challenge the students.

Well done to all who participated, and to the staff and students who came to cheer them on.



WORLD MENTAL HEALTH DAY

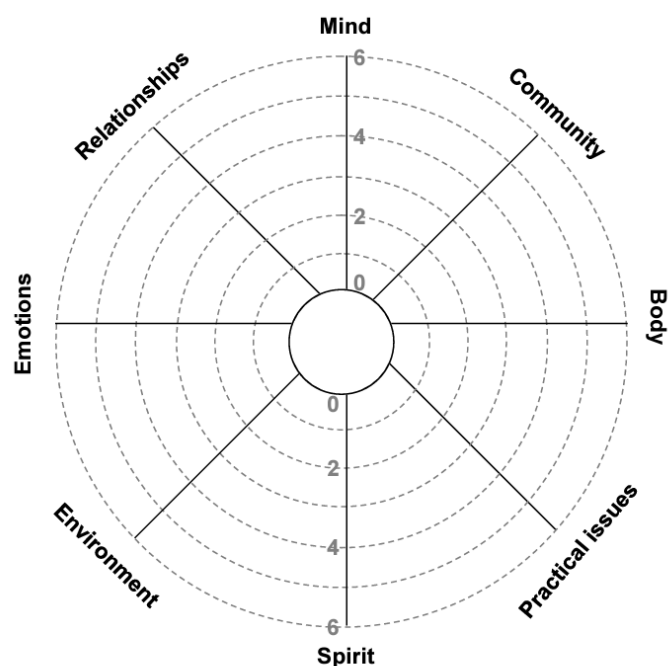
Here at CATS Cambridge we are always concerned to make sure that students are engaged with thinking about all aspects of their wellbeing.

We start the year with students engaging with our wellbeing wheel. This wheel contains sections that involve the student looking at different areas of their lives and deciding how happy they are with these aspects. The wheel moves from 1 to 10, with 10 being very satisfied. If the student has areas that they are not very happy with then the idea is to then target set around the areas that students would like to improve.

Having engaged with this at the outset of the year we then had an assembly for Youth Mental Health Day, 22th September. We focused particularly on communication of worries and online safety. The wider focus of the day looked at teenager suicide and the growing rates of this. Vulnerability to isolation and rejection at this stage of life is particularly high. Young people are also particularly susceptible to harmful online content. We used this day to focus on positive communication, knowing where to go and who to talk to with any concerns, as well as being kind!

Following this we celebrated World Mental Health Day, 10th October. We looked at some of the key advice from the Mental Health Foundation concerning how to look after are mental health. This included being aware of and understanding our own feelings, in understanding these feeling being able to better manage them.

We also looked at the advice to engage with nature, research shows us the positive benefits of this. Talking to a trusted friend can also be very beneficial to our mental health, talking through a problem can help us to understand the problem. The Mental Health Foundation gives us advice also on the importance of sleep routines. And finally, once again, the power of being kind!



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REBECCA BAKER-MILNE
ASSISTANT PRINCIPAL
(Pastoral Care & Personal
Development)



Please mark your scores to help you track your overall health and wellbeing and identify the areas where you need more support.
6 = maximum wellbeing,
0 = minimum wellbeing.

HOUSE NEWS



Tigers

House Director,
Sarah Morgan



Students have started to produce presentations for '[Black History Month](#)', this year's theme Time for change – action not words is a time for us to reflect on what changes have taken place and what action we have seen as well as the difference that these have made to lives. I can't wait to see Tiger House's presentations in response to the theme.



Jaguars

House Director,
Janet Johnson



Jaguar House Captains, Mon and Gabriel, have been organising the interhouse volleyball tournament. After a brainstorming meeting working out the logistics of it, they designed a slide for the Hub screens and 30 students have signed up. We had the draw last week and the first match will be next Wednesday between.....(drum roll!!!!) ... Tigers and Lions! Let battle commence!

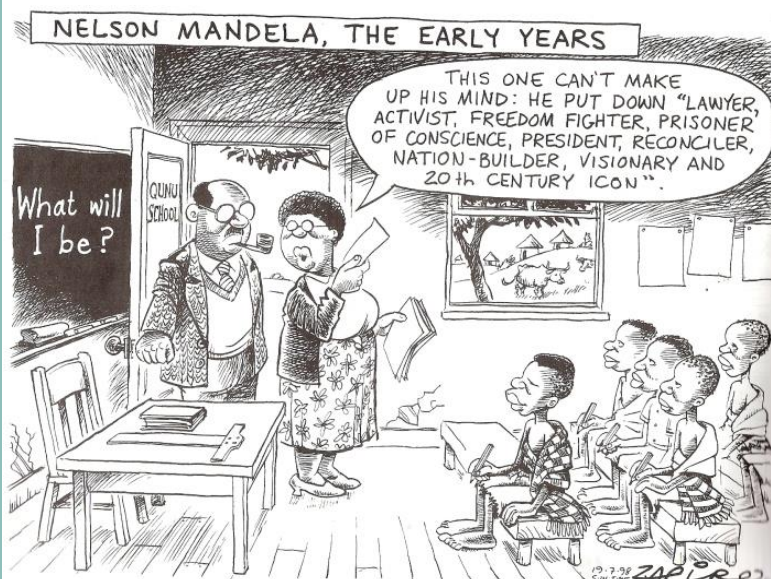


Panthers

House Director,
Hayley Pienaar



In Panther house, we celebrated the start of 'Black History Month' with a discussion of the theme of BHM 2022 which is 'Time for Change: Action Not Words', and we encouraged students to become champions for diversity and inclusion. Nobel Peace Prize winner, Nelson Mandela, said, 'Education is the most powerful weapon we can use to change the world.' In the light of this year's theme, we asked students to consider what they were going to do with their education to make a difference in the world.



HOUSE NEWS

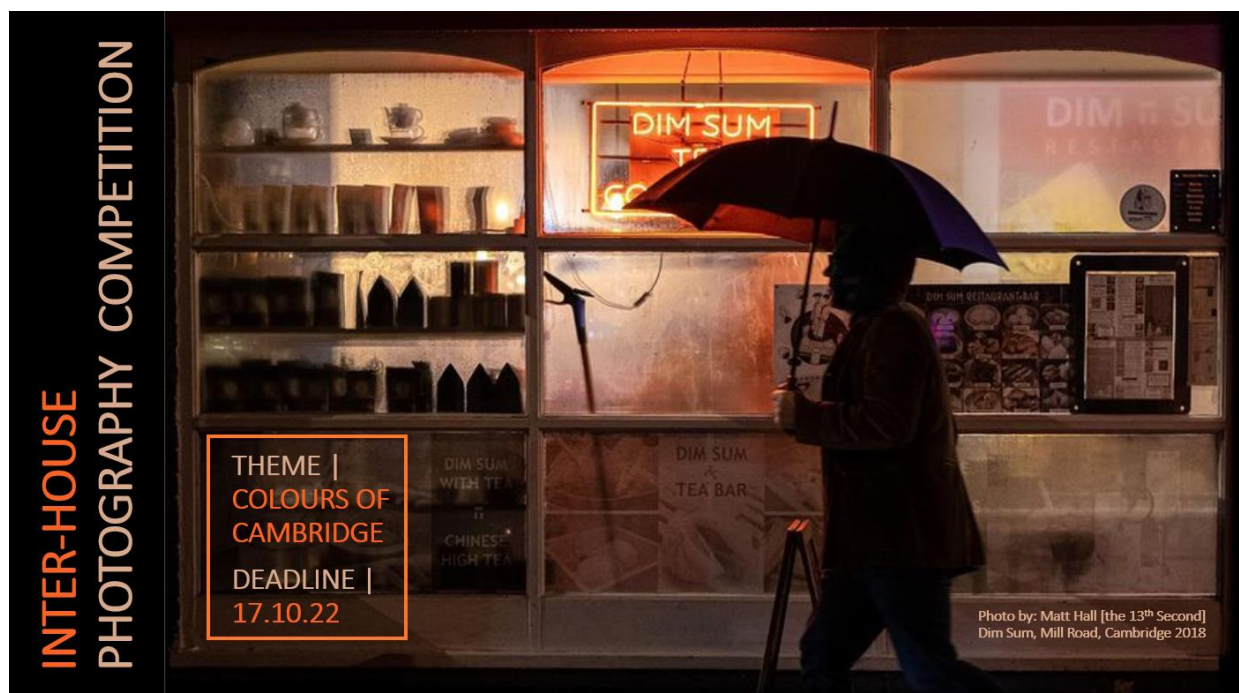


Leopards

House Director,
Ruby Bell-
Williamson



Leopard House has opened its first Inter-House Photography competition. Both Staff and Students from all Houses are invited to submit their Photographs. The theme of the first competition is 'Colours of Cambridge'. The photograph shown is taken by Matt Hall (the 13th Second), he is a Cambridge-based Street Photographer, and he could inspire you to take colourful photographs in our beautiful city. The second theme 'Connecting Meaningfully' (holiday special) opens on the 20th of October.



INTER-HOUSE
PHOTOGRAPHY COMPETITION

THEME |
COLOURS OF
CAMBRIDGE
DEADLINE |
17.10.22

Photo by: Matt Hall [the 13th Second]
Dim Sum, Mill Road, Cambridge 2018



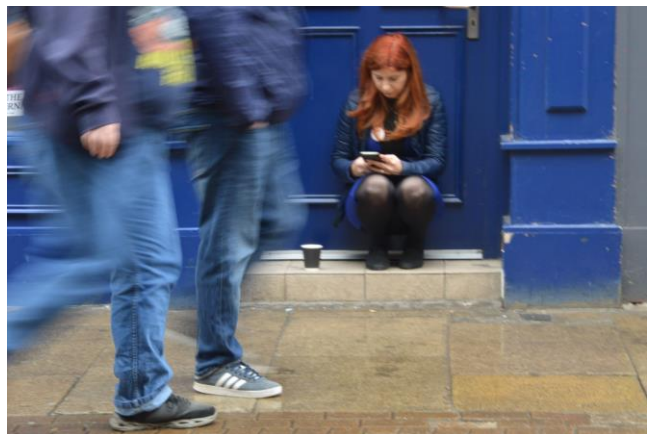
Lions

House Director,
Amna Qureshi



Following the Student Council Campaign to improve sustainability in college, including adjusting our waste collection and removing single-use plastics in the servery, Lion House continue to champion sustainability. Our House Director Amna has recently had an article published on the Independent School Management Plus website, which you can view [here](#), which discusses some of the improvements made by our students and staff to our sustainability model, specifically saving energy.

ART SHOWCASE



Oba – A2 Photography

His Personal Investigation coursework is all about movement. Oba took the images in and around Mill Road as a series of long exposures in response to the photographer Steve Geer.



The Backpage

**Louise
Chamberlain
Vice Principal**

World Mental Health Day was on Monday (10th October) with the theme “making mental health and wellbeing for all a global priority”. The World Health Organisation has identified that young people are particularly vulnerable to mental distress and illness. Adolescence is a frequently a period of upheaval with developmental changes, discernment about personal identity and transitional life events including starting university and sitting public examinations. Globally many adolescents are currently living in places affected by conflict, political tension or natural disasters and the COVID pandemic has had an impact on the world’s youth that will not be possible to understand fully until they are older. Young people now often spend a significant proportion of their time in the virtual world. Technology can support joyful connection to others but it can be a source of additional, often hidden, pressures and threats as exemplified by the recent UK investigation into the death of a 14-year-old girl whose experience in the online world was described as “dark and hopeless”.

Risky behaviours such as misuse of alcohol, drugs or sex may have mental health challenges at their root and present additional health risks to adolescents. Those living in poverty, in circumstances where they feel excluded from the society around them or exposed to violence in their daily lives are at additional risk of such mental health issues. Suicide is the second leading cause of death in those aged between 15 to 29 with 16% of the disease and injury in people aged 10 to 19 globally being attributable to mental health conditions.

While this may paint a grim outlook for our children, there is hope to be found. There is an increasing focus on building young people’s mental resilience and supporting them to look after their mental wellbeing. The World Health Organisation advises that doing this will not only have positive benefits to adolescents’ mental health but will also enhance their physical health. On a societal level, this is likely to lead to economics and community wellbeing as young adults have a stronger foundation for active engagement with work, family life and the wider community. In *Resilient* by Rick Hanson, the author identifies three strands that support the resourcing of resilience: grit, gratitude and confidence. Grit is not a brittle hardness but the reserves we can draw upon when life is tough to get us through to better times. Developing grit may come from getting through past challenges, however small, with a feeling of success that boosts our belief that we can cope with more or again. Approaching life with a sense of gratitude enables us to recognise the things that are good and positive. Human nature is inclined to drift towards the negative but intentional focus on the little things that we enjoy and succeed in as well as noticing the best in others can reduce stress levels.

Continued on next page...

Confidence grows when young people feel cared about, secure in their relationship with at least one adult and affirmed in the belief that they are essentially good.

Encouraging young people to recognise the early signs of needing support for their mental health in parallel with developing their resilience and strategies for maintaining mental wellbeing gives them the best chance of a healthy adult life. For example, studies have been done on the outcomes for adolescents experiencing a first episode of psychosis. The longer that an episode went untreated, the more likely it was that it would have a lasting impact. Those given early intervention were found to experience greater success in navigating the next five years of their lives in education, work and relationships. Opening up about mental health challenges, starting that first conversation to ask for help, can be difficult. In 2021, a UK Ambassador for Mental Health, Dr Alex George, carried out an online survey and found that 75% of respondents said they had experienced stigma, judgement and discrimination when others found out they took medication for their mental health. His response to try to break the stigma was to start a social media campaign called #PostYourPill which has led to people on various social media platforms from a breadth of backgrounds all over the UK regularly sharing photos of the medication that they take to keep well. Making that first step to better mental health less daunting has also been helped by talking therapies being accessible online.

The College nurses, counsellor and welfare team are ready to support students at CATS Cambridge with mental health worries, and more information and support can also be found at:

[Find Support - Student Minds](#)

[Home - Mind](#)

[Every Mind Matters - NHS \(www.nhs.uk\)](#)

[Use the Wellbeing Assessment Tool | SAMH](#)

[MindEd Hub](#)

[About Us | Papyrus UK | Suicide Prevention Charity \(papyrus-uk.org\)](#)

[Campaign Against Living... | Campaign Against Living Miserably \(CALM\) \(thecalmzone.net\)](#)



Louise Chamberlain
Vice Principal
CATS Cambridge