

SOME THOUGHT REQUIRED...

APRIL 2018 ISSUE 4



Welcome to the fourth issue of the RGS 6th form newsletter. This month we review the sporting action in both rugby and a swimming success, as well as travel with a gap year plan. Due to exams taking place, there will be no May issue to look forward to, but we will return afterwards bringing the latest summer sixth form news.

Henry Exley – Editor

SPORTING SUCCESSES

Well done to the 1st XV who won the Yorkshire cup final with a very convincing victory, beating Crossley Heath with an impressive score of 35-5. A special mention to George Stratford, who won man of the match, and Joe Scatchard for scoring a hat-trick. It was a good way to end the season after their semi final disappointment, giving the U6th a resounding farewell after their incredible commitment to the 1st XV over the past few years. The season ended with the annual handing over of the captaincy, and Ted Wainwright will hold the reins next year.

A huge thank you goes out to Mr Margerison, Mr Miller and Mr Milner for all the commitment and determination they gave the 1st XV, far beyond the call of duty. We look forward to seeing what next season holds.

Millie Simenacz



GAP YEAR TRAVELS

I will start my gap year in the summer holidays, going to Salzburg, Austria, on a residential with the North Yorkshire Country Choir for a week singing in local tourist attractions, including famous bandstands and cathedrals. After my residential, my friend and I will stay to do some extra sight-seeing. The day after we receive our results, I am travelling to Budapest with friends for a, hopefully celebratory, holiday. In September when people leave for university, I will be flying to Ghana to work in 'Fayef International School' which my local church built roughly ten years ago. This project is particularly personal to me, as for the past two years I have sponsored two children that I'll finally be able to meet. My work there will mostly consist of teaching English as well as occasionally painting and building other parts of the school. Over the Christmas break I hope to get a job in order to fund the rest of the academic year, however in April I will be enrolling in a Bible School which is located on the edge of the Lake District and I will stay there until June - just in time to join my friends returning from university for the summer holiday!

Isobel Jones

Aries (21 st March- 20 th April): The road ahead is a dangerous one. Mind your step or you become well-acquainted with the floor.	Taurus (21 st April-21 st May): Be careful what you wish for: your dreams can be interpreted in more ways than you may believe.	Gemini (22 nd May- 21 st June): Run. There is nothing chasing after you but I hear it's good for your health.
Cancer (22 nd June-22 nd July): Not everything is as it first appears. Look deeper and there may be surprises in store.	Leo (23 rd July-22 nd August): In the coming months strong relationships will be pushed to a breaking point. You must have the mental strength to hold onto those important to you before they are lost forever.	Virgo (23 rd August-23 rd September): You are at a crossroads: you may continue along your current path but be aware that other directions also bring great opportunity.
Libra (24 th September- 23 rd October): It may be pretty but that doesn't mean you should touch.	Scorpio (24 th October- 22 nd November): Sometimes it is best just to leave everything to chance. This is not one of those times. Take your eye off the ball and face severe consequences.	Sagittarius (23 rd November- 21 st December): Calm yourself. Overexcitement will lead to the loss dear of friends, or at least their hospitalisation.
Capricorn (22 nd December- 20 th January): This month let your belief give you wings. If that fails, try Red Bull.	Aquarius (21 st January- 19 th February): Feeling sorry for yourself will not help your current situation. Be proactive and things might change.	Pisces (20 th February-20 th March): The effort you put in this month may not see immediate rewards but in time it will provide you with great things.

FOCUS ON... VOLUNTEERING DURING ENRICHMENT

Every week during enrichment, we go to give up our time and volunteer at Ripon Community Hospital. Our time is spent interacting with patients on Trinity Ward, which specialises in the elderly, palliative care, physiotherapy and rehabilitation for those patients who have experienced bad falls and broken bones. We are there for support, but also just a chat when the patients are feeling lonely or having a hard time. Rehabilitation is often a very challenging part of someone's life; we try to make this just the slightest bit easier. A huge aspect of any medical profession is patient contact. Talking to patients and listening to their own personal experiences has made us empathise with them. It has been a very rewarding experience and will definitely benefit us in the future. It really highlights to us how even small actions can make a huge positive impact on someone's day. Overall, we are enjoying our experience at the hospital and it is providing us with an insight into the ward routine. We would highly recommend it to anyone considering a medical career in the future.

Millie Simenacz and Lucy Vesty

BRITISH SWIMMING CHAMPIONSHIPS TRIUMPH

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One of the highlights of the swimming calendar is the British Championships, where the best swimmers in Britain compete for the title of British Champion. This year's championship was included within the annual Edinburgh international swimming meet, and took place at The Royal Commonwealth Pool from the 1-4 March. Not only home nations were there; athletes from many other countries, including Spain, Nepal, Germany, Denmark, Israel, Netherlands and India also competed. Qualification times for this event were tough and I was very happy to be accepted for 4 events: 400 individual medley, 50m, 100m, 200m backstroke. The event was also live streamed and televised, which, together with Olympic champion Rebecca Adlington in the commentary box, made it quite nerve racking! Although I didn't swim my best, it was a great experience to compete there and a fantastic opportunity to race at a higher level, watching how the elite athletes prepare

for their races both physically and mentally. The times I achieved will hopefully qualify me for the British Summer Championships at the end of the swimming season in July.

Anna Marley



Anna competing at the championships



6th form DT projects from the AS group

