



# THE ECHO



## City of Norwich School Weekly Newsletter

No. 24.24 Friday 13 March 2009

[www.cns-school.org](http://www.cns-school.org)

### YEAR 7 STEPPING INTO ENTERPRISE

On 27 February we were pleased to welcome to CNS a team of business partners who joined us for a Year 7 enterprise activity. Students were challenged to design a trainer suitable for a particular sector of the market such as a toddler or older active person. Students worked in teams to produce their design bearing in mind costs and the sourcing of materials and then put together a sales pitch to present in a 'Dragons' Den' style competition. The standard of work was extremely high with all students demonstrating great enthusiasm and creativity. Our judging panel (Mr Bloom, Mrs Kelly, Mrs Ellis (Head of Eaton Primary) and Mrs Ansell (KS3 Link Governor) had the difficult job of selecting a winner from the eight top teams who bravely presented their products to the whole year group in The Arc. It was a very close contest but 'Super Gran Trainers' won by a whisker with their inventive design for an older person's trainer incorporating an integral shoe horn and lace free design. Congratulations to Jake Edwards, Simon Hewitt, Harvey Scott and Teigan Wilson of 7BW.

### SCHOOL JUMPERS

A number of students are wearing their own jumpers or cardigans instead of the school fleece or jumper. Our expectations are made clear in the planner on Page 9-10. Navy blue v neck sweaters with school logo can be purchased from National Schoolwear, 67 Ber Street in all sizes.

### HPV VACCINATIONS

Year 8 and Y13 students will be having the third and last of their course of HPV vaccinations on 25 March. Students will be notified shortly of their appointment times.

### GREEN THOUGHT FOR THE WEEK

Replace your old boiler - Replacing a 15 year old boiler could save you over 20% on your fuel bills or 32% if you install a super-efficient condensing boiler.

**FORTNIGHT FOCUS** "To keep the body in good health is a duty ... otherwise we shall not be able to keep our minds strong and clear." *Hindu Prince Gautama Siddharta, the founder of Buddhism.*

### SPORTING ROUNDUP

#### Clubs Currently Running

- Mon - Table Tennis (3.05 – 4.00) All Years
- Korfbal (3.15 – 4.00) Years 7 & 8 only
- Tues - Futsal (3.15 – 4.00) Girls only
- Wed - Rugby (3.10 – 4.00) All Years
- Netball (3.10 – 4.00) Girls only
- Ultimate Frisbee (3.15 – 4.00) All Years
- Dance (3.10 – 4.05) All Years
- Thurs - Badminton (3.05 – 4.10) All Years
- Football (3.05 – 4.00) Yrs 7 & 8 Boys only
- Friday - Basketball (3.05 – 4.00) All Years

**Year 7 County Basketball Trials today!** – Any boys who wish to try out for the Norfolk Schools' team - there will be trials at Notre Dame from 3.45 - 5.15pm today. You will be required to make your own way to Notre Dame High School.

**U19 Boys' Badminton** – In their final game of the season CNS managed to overcome arch rivals Notre Dame 5-4 in a pulsating encounter. Chris Piff shone throughout. A big thank you to Daniel Knevitt for organising the team throughout the year.

**U15 Football vs Earlham** – CNS continued their undefeated streak this year with a 2-2 draw. A well organised Earlham team set out quicker and the lack of pace in the CNS back four was exposed on two occasions when their rapid striker broke through to score 2 well taken goals. CNS on the other hand struggled. Theo Hudson & Raphael Gure missing some guilt edge chances throughout. CNS's saviour came once again in the form of Dale Hodgkinson who embodied the fighting spirit that his team-mates lacked. Two glorious left footed strikes leaving the GK stranded on both occasions was enough to level the game.

**English Schools Cross Country** – Congratulations to Esme Salmon (10BW), Alex McKibben (10HE) & Mabel Beckett (9CW) who have all been selected to represent the East of England at next week's championship. CNS wishes them all the best.

#### Fixtures

- Tues 17 March - U14 Football vs Sprowston (H)
- Wed 18 March - U19 Football vs Wymondham (H)
- U15 Basketball vs Notre Dame (A)
- Thurs 19 March - U15 Rugby vs Sewell Park (H)
- U13 Football vs Taverham (A)

## NEXT WEEK IS WEEK 1 KS3 EARLY LUNCH, KS4 LUNCH AT 1.35 ABSENCE LINE

Y7: ☎ 274017, Y8: ☎ 274068, Y9: ☎ 274069, Y10: ☎ 274070, Y11: ☎ 274071, Y12/13: ☎ 274072

### PASTORAL SUPPORT LINE

Years 7, 8 & 9 Jane Allen 274054; Years 10 & 11 Susie Butchers 274029; Years 12 & 13 Kym Blake 274060

# Norwich Healing Centre

A community project to help promote  
**Positive Health & Well-Being**

'Drop-in' sessions

Every Saturday starting 21st March

10am - 4pm

at

The Bungalow, City of Norwich School

Healing is a holistic 'whole body' therapy. You do not need to be unwell to receive healing, it is a therapy that is beneficial at all times, rebalancing and re-energising the body's energies; a good way to de-stress and take a little time out for yourself.

All healers are trained, insured and registered and give their time voluntarily.

Come and see us and give it a try

There is no charge for the sessions but a donation is requested to help cover running costs. For more information visit:

[www.norwichhealingcentre.org.uk](http://www.norwichhealingcentre.org.uk)



## Would you be interested in a **Skiing Course at Norfolk Ski Slope?**

We are trying to establish interest in running a 6 week after school ski club at the Norfolk Dry Ski Slope at Trowse in the Summer term.

The students would be taken from CNS to Trowse by minibus for a one hour skiing session and would return to the school by about 6pm.

The course would be held on Tuesdays and would cost £36 per student for 6 sessions. This includes the cost of the transport and is subsidised by Extended Services. Students would need to provide their own ski gloves.

If you are interested please come to Room 7A to pick up a form or talk to Christine Turner to find out more. You can also contact Chris by email ([c.turner@cns-school.org](mailto:c.turner@cns-school.org)), or by telephone (01603 274050)