

TERM 3
2023/24



Frome College Matters



Frome Town Rangers work with Earth House team

Rotary Young Chef Competition

Cadets Visit Royal Navy
College

Bullseye! Local community help set up darts league

Community News

Sport News

www.fromecollege.org

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PRINCIPAL'S LETTER

Since Christmas, we have enjoyed significant progress with our Earth House projects – concentrating on our natural environment and the promotion of green initiatives both within and beyond College. We continue to enjoy a comprehensive programme of guest speakers including our very own Jennie Owen from the British Hedgehog Preservation Society, who works tirelessly to rescue and rehabilitate sick and injured hedgehogs. We also met Jess from SHARE Frome who celebrated the charity's excellent work with the team. In addition, phase one of the college's pond renovation has been completed with the support of the Frome Town Rangers. Also, students who take part in the Design and Technology project visited Frome Bike Project as part of the ongoing project with Earth House to create mobile phone charging devices for the college site. We look forward to more exciting developments from this project and thank all members of the community who tirelessly support College.



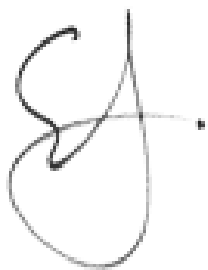
Emma Reynolds

Over the past month we have hosted numerous athletics festivals for our link schools, awarded Sports Leaders certificates, celebrated success on the football pitch and introduced football officiating for girls – a packed term for Sport. In addition, trips this term have ranged from the London School of Economics, British Museum, and Cardiff University. Drama trips have visited both Bristol Old Vic and Bristol Hippodrome and we have also welcomed into College a variety of guest speakers. We are also very pleased with our Navy cadets who travelled to Dartmouth for a weekend visit to Britannia Royal Naval College, the officer training establishment of the Royal Navy. We look forward to more students participating in this scheme, please look out for detail on how to join.

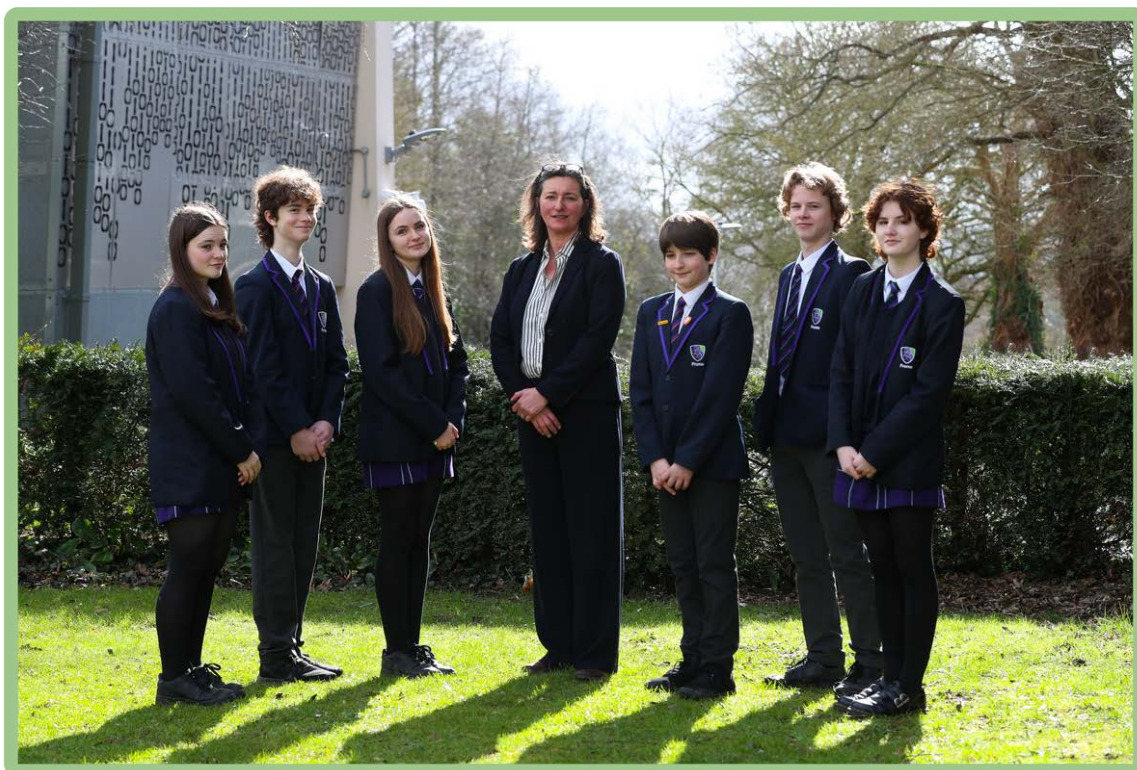
Frome Rotary clubs continue to support College with competitions and events. This term has seen the Rotary Young Chef Competition with students cooking their own 3 course meal for 2 people within a pre-set budget and time limit. Students have also entered the Rotary debating competition as well as the Photography competition from which our winner enters the regional heats.

This final week of term has been a time to concentrate on how we stay healthy- both mentally and physically with lots of events, in lesson and break time, designed to help us all become more aware of the necessity to keep things in perspective and talk about our feelings if things become difficult. Students have benefited from visiting speakers and groups including Dogs for Health. A reminder that we are promoting the use of Kooth, an online service for young people to access support and a place to communicate www.kooth.com

Finally, Year 11 and 13 revision sessions are happening on site next week, the timetable has been sent home and can be found on Frog – please encourage students to attend, especially Year 11 as we move into the second set of mocks straight after the holiday.



Emma Reynolds
Principal





Earth House:

Cultivating Sustainability Across School

with Mrs LePivert

As climate change and environmental degradation threaten our collective future, we have a responsibility to prepare students to build a just, sustainable society. To meet this urgent need, our College is proud to launch Earth House, a College-wide initiative to integrate principles of sustainability across the curriculum and foster environmental leadership skills.

Through courses, co-curricular programming, and partnerships with local sustainability organisations, Earth House will empower students to understand the complex environmental challenges we face and equip them with the knowledge and capabilities to develop innovative solutions. Whether pursuing careers in business, public policy, STEM fields, or the arts and humanities, students will learn how to incorporate sustainability into their work and lives.

Beyond the classroom, Earth House student groups and volunteer programmes will provide hands-on opportunities to gain experience advancing sustainability initiatives on campus and beyond. Students can get involved with waste reduction campaigns, sustainable food systems projects, conservation research teams, and more. These real-world experiences will nurture the next generation of sustainability leaders while driving positive impact today.

By embedding sustainability across academic disciplines and student life, Earth House seeks to make environmental awareness in action the norm at our school. We believe this institution-wide, collaborative approach is essential to prepare students to build thriving communities that support people and the planet. Through Earth House, students will be empowered to create innovative solutions to complex sustainability challenges and catalyse change in any industry or career path they pursue.



The Earth House Ambassadors met for the first time on 13th November.

They will meet every fortnight to share positive environmental news stories, meet with inspirational people who support projects that promote sustainability, and act collectively to support a sustainable planet.

Frome Town Council's Fiona Burrows joined the ambassadors for the launch of Earth House. Fiona is a Frome Town Councillor and Lead Councillor for Climate and Ecological Emergency.

Students who attend the Textiles Club after College each Wednesday have been using their skills to produce a banner for Frome College's Earth House project

Using re-purposed fabrics, old clothes and scraps, that would have ended up in land fill, students are producing a fully recycled banner that will celebrate Earth House.

The work will be used during Earth House Initiatives and as a celebration of sustainable textile design.



Earth House welcomed Terry Pinto From PAAD Architects Frome to talk about his goal is to produce sustainable creative architecture that enhances the environment and is commercially viable.

In a seminar delivered mainly to Post 16 students, Terry imparted his love of architecture and his passion to build in harmony with our planet. As an exceptional speaker, this session proved to be truly inspirational for our Design and Technology students .

Thank you for your enthusiasm Terry. We look forward to working with you again soon.

The world is beginning to recognise that an individual's mental and physical health is intrinsically linked to the health of our planet.

At COP 28 this year, the UAE organised a first-ever day dedicated to Health, Relief, Recovery and Peace. Frome is also working to highlight these issues through Green Connector sessions.

The Green Connectors project is part of Green and Healthy Frome, a partnership between Frome Medical Practice, Frome Town Council and Edventure. It's funded by National Lottery.

Year 9 Children's Learning students were joined Charlotte Carson of Frome Medical Practice to explore these issues. At the end of the session, all students who took part were given a certificate and have become part of a growing number of Green Connectors in our town.





The Design and Technology department, in partnership with Earth House, run a sustainability project every Thursday after college. (3.15-4.15)

The student team visited Frome Bike Project and took ownership of several bikes donated to them for their 'green' design and build.

Frome Bike Project aims to encourage all of us to use bikes where possible, to reduce the impact on our environment, and to promote our physical and emotional wellbeing.

We would like to thank Frome Bike Project for their very generous support of this project.

The sustainability team plan to use the bikes as part of mobile phone charging devices that will be available for students to use at break and lunchtime.



The Earth House Ambassadors are working with Frome Town Council Rangers to breathe life back into our college wildlife pond. Phase one involved the thinning and removal of some of the willow that had begun to denude the pond of light. The students aim to work with the rangers again in February to dredge the bottom of the pond following years of vegetation build up in the water. More news to follow....

Earth House wishes to thank the rangers for their support with this initiative. We look forward to working with you again soon!



Our A Level Environmental Science class welcomed Kerry Meech from Frome Seed Library . Kerry introduced the students to seed collection and storage, discussing the moral and ethical challenges of seed sovereignty and the ways in which we can ensure that seeds remain public property. Students were able to link seed conservation and storage to food security which are important aspects of the A level Environmental Science syllabus.

Thank you, Kerry for your enthusiasm and time.

For morning information on Frome Seed Library: <https://greenhealthyfuturefrome.org/future-shed-frome/frome-seed-library/>

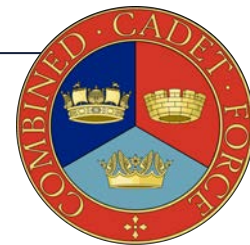
Frome College grounds harbour a sizable hedgehog population, prompting a visit from local hedgehog rehabilitator Jennie Owen. She advised the student Earth House Ambassadors on sustaining our prickly residents by enhancing their habitat. Hedgehogs need leaf litter for nesting, wild plants for insects to eat, and connected green spaces to roam safely. The College has ample green space but can better mimic woodlands by preserving debris in corners, letting certain lawns overgrow, and adding small rock and wood piles along field edges as winter shelter. Litter, football nets, and machinery endanger hedgehogs and were highlighted as needing urgent attention. Inspired by the talk, students created a “Hog Squad” to advocate the changes needed to certify Frome College as a Hedgehog Friendly Campus. Through simple habitat modifications, our College can become a true haven for wildlife.

****Update:** all College garden machinery now has warning stickers; and the site manager has confirmed that the College grounds are pesticide and rodenticide free.



For more information about Earth House, please email
Amanda LePivert
alepivert@fromecollege.org





Combined Cadet Force

By Mr Pavli

Our Combined Cadet Force is back for 2024 with new recruits and new adventures ahead!

Gain skills in leadership, teamwork and discipline through exciting hands-on activities every Tuesday from 3:15-5:15pm. From survival training to archery, first aid to orienteering, we'll teach you the qualities of responsibility, self-reliance and resourcefulness. Plus you'll make new friends and have a blast after school! AND IT'S FREE!

Interested in signing up or want to find out more?

Contact Lt. Pavli at tpavli@fromecollege.org

Cadets ready...forward, march!



Duke of Edinburgh's Award Scheme

Following a successful Year 9 camp, we have seen record numbers of students signed up for their Bronze Duke of Edinburgh's Award (DofE). Students have been working hard on the different sections - learning new talents, volunteering in the community, and staying physically active. Training sessions for the Bronze expedition are now underway every Wednesday after school from 3:15-4:15pm.

Huge congratulations to all the students who completed their Silver and Gold DofE Awards in 2023! Four of these exceptional students have been invited to Buckingham Palace to celebrate their outstanding achievement of earning all three award levels. We are so proud of their dedication and perseverance through this self-development program.

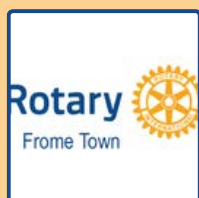


Cadets Visit RN College

with Mr Perry, CCF School Staff Instructor

Cadets from Frome College CCF RN section visited Britannia Royal Naval College (BRNC), Dartmouth over the weekend of 26-28 January. Whilst there, the cadets and staff lived, ate, and spent their time visiting the college and undertaking a variety of fun activities in BRNC. Highlights of the trip were using the state-of-the-art RN ship trainer which simulated the bridge on a warship complete with virtual reality goggles and screens, a field gun run, swimming and kayaking in the college pool, using the college low rope course, some drill, Nerf gun rank recognition, and included an evening visit to Dartmouth town. They all met and were welcomed to BRNC by the College Commandant, Captain Andrew Bray RN, and were able to chat to Midshipmen about life in the RN. Much fun and laughter ensued, and a happy but tired group returned to Frome on Sunday evening.





Rotary Young Chef Competition

with Mrs West



Our kitchens were a buzz earlier this month, with creativity and delicious aromas, as our talented Year 10 Food Technology students faced off in the annual Rotary Young Chef competition. With a budget of £18, sponsored by the generous Lilley's Cider, competitors whipped up impressive two-course healthy meals in hopes of influencing the judges.

The students eagerly presented their culinary masterpieces to head judge Mrs B's Catering, who had great difficulty selecting the winners given the exceptionally high standard from all contestants. After much deliberation, the results were in.

In third place was Thomas, with his luscious homemade lasagna that looked perfectly baked and bubbling with cheese. Coming in second was Declan, who wowed with his skillfully prepared pork dish accompanied by sweet and tangy pineapple.

But the Rotary Young Chef trophy for 2023 went to Issy for her fantastic handmade lemon pasta, with salmon and a refreshing watercress dressing. Issy blew away the judges with her creativity, technique and beautifully balanced flavours. As the winner, she will go on to represent the College at the county-level cooking competition.

All of our Young Chef competitors displayed impressive culinary talents. It was wonderful to see their passion for food preparation and their creativity in the kitchen during this exciting competition. Thank you to all those who made this event possible, and congratulations again to Issy, Declan, Thomas and all student participants! Their dedication to cooking will serve them well as they continue nurturing their inner chef.



Work Experience Week



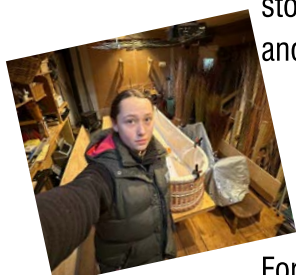
Thomas F. at
CiL Management Consultants

Our year 10 students had an incredible week gaining real-world experience during our annual work experience programme. This year a huge 91% of students secured placements across over 100 companies and organisations, with one intrepid student even travelling to Germany for her placement!



Thomas S. at THWhite

Students tried their hands at a diverse range of jobs and career paths, including tractor repairs, coffin building, car dealerships, schools, pottery studios, and retail stores. They gained valuable insights into potential careers, learned new skills, and built professional connections within the community.



Poppy P.

For those students who were unable to secure placements, we provided an equally enriching set of activities at school. They took part in an 'Apprentice' style cookie business competition, working in teams and getting a taste of the pressures of entrepreneurship. The competition was fierce! With over 90% external placement participation, this was one of our most successful work experience weeks yet. The students have returned motivated, inspired and more focused on their future career pathways.



Samuel S. at
Beckington First School

A huge THANK YOU to all the employers who volunteered their time and provided such rich learning experiences!



Carlisle C. at Barnardo's



Lila F. at Papier-Mettler,
Morbach, Germany



Trips were organised to Siemens,
Thatchers Cider
and Hanson Quarries



Sporting News

with Mrs Sypko and Mr Howlett



Our year 13 Cambridge Technical students planned and lead an Athletics Festival with the help of our Community Sports Leader students. They hosted Selwood and Oakfield students for a morning of athletics! It was a fantastic day and very well executed!

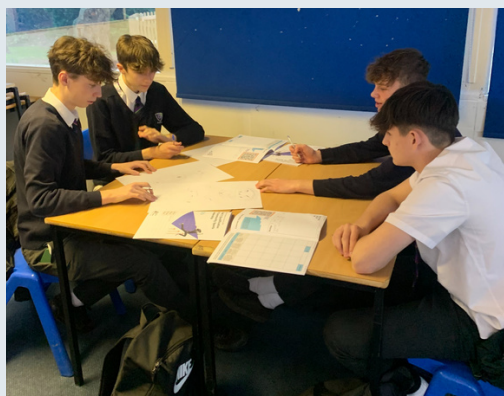
Year 13 students as part of their Cambridge Technical qualification were required to plan and run an event. The students organised a football festival at Selwood School for years 6 and 7. They were fantastic and were able to adapt their plans due to weather conditions. Well done!



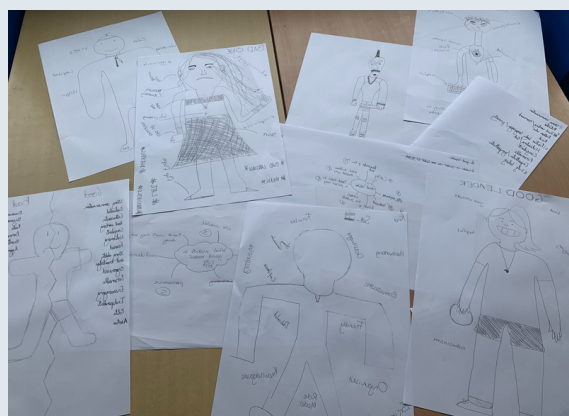


We are thrilled to announce that all our students studying the Level 2 Award in Sports Leadership have passed with flying colours! Level 2 Award in Sports Leadership is a practical course that helps you to develop better organisation, motivation and communication skills, whilst also focusing on positive role models in sport, how to mentor others, and how to use leadership skills in a variety of settings. The Level 2 qualification is similar to having GCSE grade equivalents at grade A*–C or 4-9. Congratulations to them all!

Pictured are Ellie, Nicole, Jenna, Caleb, Eva, Oliver and Ella with Ms Reynolds and Sports leader Mrs Sytko.



Our newest Community Sports Leaders have started their qualification. Here they were working hard on what qualities a good leader has.





Frome College triumphed 8-1 over St. Katherine's School in commanding Cup match performance. Ben K. opened up scoring early at the 12th minute. Solid finishes from Rylie L. (4 goals), Fin O'T. (2 goals), and captain Charlie P. rounded out a dominant offensive showcase. Strong goalkeeping by Oliver B. and sturdy defence led by Charlie P. stifled St. Kath's attack. Excellent ball movement and clinical finishing in the box were the stories of the day.

Frome College advances to The Somerset Cup Quarter Finals versus Castle School next round.



We have been lucky enough to host an empowering Whistlers course for girls interested in football officiating. Alex from Somerset Activity & Sports Partnership - SASP led the training and gave the girls valuable knowledge about the laws of the game. Our young women showed tremendous enthusiasm and skill as they learned the ins and outs of refereeing. By the end of the day, they clearly understood how to apply the rules during gameplay. We're proud to create opportunities for girls to get involved with football in all capacities, including leadership roles like officiating. Programmes like Whistlers pave the way for the next generation of female referees!



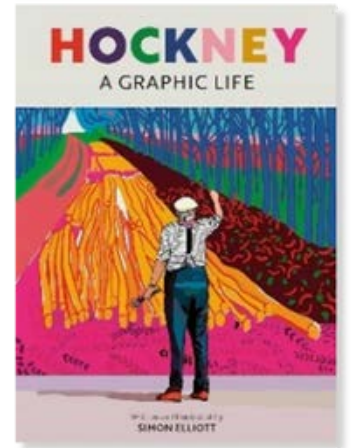
The Library

with Mrs Owsley

@fromecollegelibrary

As part of our Community Reading Ambassador initiative we have welcomed some wonderful visitors to our library this year. Reading Ambassadors are our local literacy advocates. Students interview ambassadors about their jobs and how they use literacy. They then read to the students for 15 minutes. This helps students to make the connection between English lessons and how these skills are used in the wider working world. Amongst others, we have been visited by a BBC journalist, authors, artists, editors and copy writers.

If you would like to volunteer your time, please email
NOwsley@fromecollege.org



Simon Elliott – Criminal barrister by day, author and artist by night

At the end of term, we were delighted to welcome the wonderful Simon Elliott. The students were able to interview Simon about how he came to be a criminal barrister and about the stunning biography 'Hockney' which Simon has written and illustrated. Simon explained how a lockdown hobby became a huge passion for him and eventually developed into the beautiful creations in this book. Hockney is a gloriously illustrated hardback about the life and work of the artist David Hockney. Simon also read 'The Hitchhikers Guide to the Galaxy' to the students which they really enjoyed. He is currently finishing another biography about Vincent Van Gough complete with his incredible artwork. We are very excited to welcome Simon back to the library this spring.

A huge thanks to our generous supporters

At Christmas we sent out a plea to help replenish our well-loved games and books. We developed an Amazon Wishlist with our regular users who chose a list of items they would like to see in the library. We were so touched by the amount of presents that we received. Taco Cat Goat Cheese Pizza has been played every lunch and break time for 3 weeks! Our library users would like to say a huge thank you to everyone that sent us gifts. Our library provides a safe space for many students in the school and the community support it receives makes all the difference. Thank you again



Poetry by Heart competition

For the very first time, Frome College has entered the Poetry by Heart competition. Students are invited to learn two poems off by heart and to recite them. They will be entered into a national competition, whereby the finalists compete at The Globe Theatre, London. We practise every Tuesday lunchtime in the library. All students are welcome to join us- please just turn up!



AIM Programme

with Dr Ruggiero, AIM Lead

The AIM programme at Frome College is an intervention programme for students who score in the top 5% of the CATS tests or SATS tests. This is a statistical group and forms the basis for our student inclusion in AIM. The programme hosts a series of workshops, talks, field trips, and events aimed at stretching and challenging this group.



Our AIM programme students, along with year 12 students had the amazing opportunity to visit Cardiff University. They toured the campus and learned about the wide range of courses offered, especially in math, science, and technology. The state-of-the-art learning facilities were incredible.

After the tour, our lower school students grabbed lunch at the student union and then spent the afternoon immersed in history at the Museum of Cardiff. The year 12 students took the chance to wander around Cardiff city centre and get a feel for student life.

It was an invaluable experience for us all. A huge thank you to Cardiff University for hosting us! We came away feeling inspired and excited about our academic futures.

We were fortunate to have Dr. Sophie Wallace, a forensic pathologist, speak at our 5th AIM talk of the year. She provided great insight into the lesser known field of forensic pathology. Dr. Wallace discussed the history of the discipline, going back to early autopsy procedures used to determine cause of death. We learned how forensic pathology has advanced over time, especially with new technologies for analysing evidence.

There are some common misconceptions about forensic pathologists, whom many of us recognised from depictions on crime TV shows. Dr. Wallace addressed the realities of the job, including the education and training required. We found the case studies she shared fascinating. They demonstrated how forensic pathologists use their expertise to uncover details that are essential for death investigations and bringing perpetrators to justice.

Throughout her talk, Dr. Wallace emphasised the great importance of how we treat the deceased. She believes performing thorough, ethical autopsies shows dignity and care. During the Q&A portion, Dr. Wallace provided insight into becoming a forensic pathologist, including how to progress in your career. We appreciated her perspectives on increasing gender diversity in a traditionally male-dominated occupation.

We are grateful to Dr. Wallace for an incredibly interesting AIM presentation on the work of forensic pathologists. It was an excellent educational experience for all!





We're excited to announce the launch of our new student and staff darts league. Thanks to the overwhelming support of our community and Mr. Forrest's comprehensive risk assessments, we now have an official league up and running!

The benefits of darts are often overlooked. The sport requires precise hand-eye coordination, physical control, and math skills. It can improve concentration, social abilities, and doesn't require physical contact. To be in the league, students must demonstrate excellence in behaviour, learning attitude, and attendance.

The league already has waiting lists in each year group, but if you're interested in joining, talk to Mr. Forrest directly.

Darts is a rising hobby and competitive sport, and we're thrilled to introduce it to our school's extra-curricular offer. Our thanks go out to all who made this new league possible!



Silver Award Winners' Lunch

Nearly 40 students enjoyed a tasty reward for gaining 100 conduct points by the end of term 2. The 'Silver Award Winners' were treated to fish (or vegan alternative) and chips, plus a drink and dessert of their choosing by Principal, Ms Reynolds, along with entry in to a draw for a £20 Amazon voucher.

A positive incentive system can be an effective way to promote a positive school culture. With nearly 40 students reaching 100 conduct points already, it indicates that many students are demonstrating good behaviour choices. Hopefully this trend will continue throughout the school year.



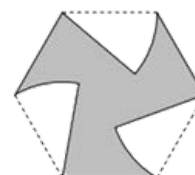
UK Maths Trust

INTERMEDIATE MATHEMATICAL CHALLENGE

On Wednesday 31st January we had 90 students from years 9,10 and 11 taking part in the UKMT Intermediate Maths Challenge. A 60 minute, 25 multiple choice Challenge. It encourages mathematical reasoning, precision of thought and fluency to make students think. We look forward to the results after Half Term.

They tackled question such as;

Three sectors of a circle are removed from a regular hexagon to form the shaded shape shown. Each sector has perimeter 18 mm.
What is the perimeter, in mm, of the shaded shape formed?



A 48

B 50

C 52

D 54

E 56



Want to build your confidence?

Place2Be can help you feel empowered, and ready to face life's challenges. If you need to talk, we're here to listen.



Your Place2Be person is

Ellen Lloyd

To book an appointment

elloyd@fromecollege.org

Community News



Frome COLLEGE

Fundraising in aid of:

why... we hear you
Cancer Counselling


Fundraising for WHY


We Hear You (WHY) is a specialist cancer counselling charity operating across Somerset, BANES and Wiltshire.

WHY has offered free specialist counselling to Frome College students since 2008, improving the lives of hundreds of young people going through tough times. Visit the link below or scan the QR code to support WHY

bit.ly/frome-college-why







Frome Medical Practice
SUPPORTING YOUR HEALTH

The last Wednesday of every month from 4pm - 5pm, upstairs at Frome Medical Practice, Enos Way, Frome, BA11 2FH

Poster designed by Jess & Jace McAlpine



For ages: **11-25**

Kooth is an online **mental wellbeing** community for young people


Here are some of the features young people can access on Kooth:

- Magazine**
The Kooth magazine shares personal experiences and tips from young people and our Kooth team
- Discussion Boards**
Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from
- Chat**
Young people can chat with our helpful team about anything that's on their mind
- Daily Journal**
Young people can view their daily journal to track feelings or emotions and reflect on how they're doing



Sign up for free at **Kooth.com**

**ADHD & WOMEN
WITH DR SAMANTHA HIEW**



Cheese & Grain
March 5th 7pm

Tickets £16

Join Samantha Hiew, Founder of ADHD Girls, as she takes you on a journey to come to terms with your story and move forward your way. This talk will introduce our collective experiences of what it means to be a woman in this world, the lives we've endured to spark self-acceptance, compassion, and love, empowering you with individualised ways of moving forward that work for you.



Frome Kindness Festival 2024

16th-22nd March

Fancy lending a helping hand at this year's Kindness Festival, hosted by The Good Heart? They are looking for volunteers to help run this amazing event, with meetings starting this Sunday, 28th January at The Good Heart from 2:30pm-3:30pm.

Head over to [The Good Heart](https://thegoodheart.co.uk) website for more information, and to keep an eye on further volunteer meetings.



Safeguarding Notices

Attendance

In the case of absence or late arrival please contact us as soon as possible.

Email: FCC.Attendance@fromecollege.org

Telephone 01373 469008(Attendance) or 01373 465353(choose option 1).

Students are not allowed to leave the campus at any time during the day, except by prior arrangement (e.g. medical appointment) or if they are feeling unwell and have been seen by a First Aider.

Your child will need to go to Student Services to sign out. When you come to collect your child, please buzz at the gate in the lower car park (to the right of the Merlin Theatre); Reception staff will ask Student Services to send your child to meet you.

If your child arrives back at College later in the day, they will need to sign in at Student Services.

*For all student-related, concerns
or queries please phone
01373 469037*

New contact details?

If you change your mobile, home or work phone numbers, email address, home address or emergency contacts, please don't forget to let us know!

Contact the Admin Team:

Email: office@fromecollege.org

Telephone: 01373 465353

Write: Admin, Frome College, Bath Road, Frome, Somerset, BA11 2HQ.

Mobile Phone Policy

Students may bring personal hand-held devices (e.g. phone/tablet) to school with them, but can only use it at break and lunch. Phones must be switched off and not visible during or between lessons.

If students use a device when it is not permitted, it is liable to be confiscated. Students must only access the internet using the College's filtered WiFi. Earphones are not to be visible at any time during the College day.

All such items are brought into College at the student's own risk. We cannot be responsible for any loss/damage.

Frome College Matters
Term 3 2023/24

www.fromecollege.org