

DSTC NEWS

DREAM BELIEVE ACHIEVE

SPRING 2020

INTRODUCTION BY MRS DAVIS

Welcome to a belated Easter edition of DSTC News which I sincerely hope finds you and your family well.

It is a Coronavirus free newsletter that showcases what the students had been engaging in before we went into lockdown on 23rd March 2020.

It does seem a long time ago that we sent out our Christmas edition and a lot has happened since then. I hope you enjoy reading the articles and the new sections, some may seem a little out of date but better late than never.

Stay safe and enjoy the warmer weather and lighter evenings.

Mrs A Davis



PERFORMANCE AT THE ORCHARD THEATRE

BY MS. WRIGHT

Our wonderfully talented dance students who form our 'Cascade Dance Company' performed in the 'Once upon a Time' Production on Monday 3rd February 2020 at The Orchard Theatre Dartford.

They attended weekly rehearsals after school to learn and perfect an 'Alice in Wonderland' piece. We arrived at the Theatre on the Sunday morning for our technical rehearsal, to space and stage the piece on the large stage.

The girls were in awe of the Theatre and excited for the live show. On the Monday they delivered an outstanding performance with high energy and represented DSTC in our local community.

CAREERS FOCUS DAY : UNIFORMS

BY MRS SMITH

On 3rd March DSTC held a Careers event for Years 7, 8 and 9, focusing on the uniformed services. This event was organised by the Careers Department, in conjunction with our Careers Enterprise Coordinator – Susan Pearson.

Representatives attended from the following services:

- **Kent Fire and Rescue**
- **Kent Police**
- **Darent Valley Hospital**
- **The British Army**
- **Royal Engineers**
- **MET Police - Tactical Support Group (TSG) and Dogs Unit**

Each service set up a stand in the Hall for the Year 7 students to visit on a more informal basis.

Students were able to find out careers information relating to service from the representatives, and also try on a range of protective equipment brought along by the MET Police,

This part of the event ended outside with a fantastic dog-handling demonstration, showing how Police dogs are used to chase down criminals and how their acute sense of smell can be used to find missing objects.

Kent Fire and Rescue Education team discussed the changing role of the Fire Service, with prevention education and road traffic incident attendance being as much part of the job as fire-fighting.



Kent Police spoke about the roles within the Force and the recruitment process.

They discussed their personal experiences and reasons for joining the Police. Emphasis was placed on the pride felt in serving their local community.

After an introduction to all the representatives in Hall, students from Years 8 and 9 had a careers talk with each of the services on a rotational basis. Students were able to gain valuable insight into the range of career opportunities available within each service.

They were also treated to a short demonstration of the detection skills employed by the dogs from the MET Police Dogs Unit. All sessions allowed time for students to ask questions about what they had been told and shown.



Registered Nurses from Darent Valley Hospital spoke about why they became nurses and the routes they took to gain the qualifications needed.

They demonstrated a wide variety of equipment and presented several key techniques that they use in their role.

The Royal Engineers told the students why they joined The British Army, and the numerous job roles within the service. They spoke about the variety of humanitarian work they had been involved in (including re-building a school in Afghanistan) and the strong bonds built between colleagues, who support each other. Students were also told about the opportunities to learn new skills and gain qualifications.

The entire day was a resounding success, with staff and students alike enjoying the event.



WORLD BOOK DAY COMPETITION

BY MRS. FORD

The event for World Book Day in March 2020 was a 'Secret Reader' competition where the students guessed the member of staff hidden behind their favourite book. Well done to all students who took part - here are the winners:

- **1st Vilasini Lakshmi Sundaram 8C with 21 correct**
- **2nd Rithicaa Lakshmi Sundaram 9G with 20 correct**
- **3rd Emma May 10S with 16 correct**



YEAR 10 ROCK CLIMBING

BY MRS. FLETCHER

At the beginning of March, a group of Year 10 students visited The Reach climbing centre in Thamesmead. Their trip was to attain evidence for their Level 2 Cambridge National course, whereby they have to develop an understanding of the value of participating in outdoor activities as well as demonstrate knowledge and skills.

The students had to learn about care and use of equipment, and they understood the purpose and importance of their helmets, harnesses and carabiners. They helped one another put theirs on and checked them accordingly. They were responsible for their equipment at all times.

They were all able to answer the safety related questions successfully that the instructor asked. They were able to effectively belay their peers in a safe and sensible manner, as they made sure there were no twists in the rope etc. They all communicated well, and they checked and reassured each other as they climbed.

Many of the students demonstrated clear and concise voices and instructions, as well as appropriate rock climbing terminology. The students took it in turns to climb different rock faces at the centre, making decisions as to where to place their feet and hands. They also shared ideas with each other, and came up with solutions to obstacles and routes. As the session progressed, the students developed in confidence and speed when climbing further and more challenging routes. All of the students showed excellent resilience and were reliable, committed and showed effective teamwork.

The Year 10 group participated fully, attempting every climb offered to them. The instructors at The Reach were extremely complimentary of our students and we look forward to visiting the centre again.



MFL ESCAPE ROOM

BY MRS SAENZ - CARRERO

¡Hola! Salut!

On the 12th February 2020, the MFL department launched their very first MFL Escape Rooms at DSTC. All Year 9 students participated in an hour session where they were able to closely explore two cultural events: "Mardi Gras" in France and "La Tomatina" in Spain.

Students had to work together in small groups to solve puzzles in order to break the code. They displayed outstanding engagement and excellent problem-solving skills in French and Spanish. Well done to the Year 9s for their enthusiastic effort and achievement!

The MFL department is looking forward to continuing the experience next year!

Are you up to the challenge?



DSTC FACEBOOK

BY MR ALLEN AND MRS PALMER

Thank you so much to all of the incredible content that has been sent in for the DSTC Facebook page. The baking, crafts and general brilliance of our students and staff have genuinely shone through.

We openly promote students, staff and parents sending their creative ideas in to feature on the website. We want to showcase the work as much as you want to share it.

This is just a selection of the wonderful things that members of our DSTC community have contributed. For the full array of articles, follow us at:

<https://www.facebook.com/DSTCollege/>

STEM AT DSTC

BY MS. OSUNDINA

The science department has been buzzing since the beginning of the year. We have worked hard on raising standards and improving literacy capital through extended learning.

Fortnightly, the science teachers have challenged KS3 students by getting them reading and critiquing extracts from the award-winning online publications, "**Science News for Students**".

With the support of our dedicated technicians we have had engaging and interesting practical sessions that link scientific theories and concepts to everyday life and the world around us.

BRITISH SCIENCE WEEK

Another highlight of the term was the **British Science Week** celebrations. British Science Week was celebrated in March 2020 in various educational institutions across the country.

The DSTC Science Department dedicated a week to the celebrations by following the British Science Association's focus for the year. One of the themes for year 7 and 8 students was 'Our Diverse Planet'.

'Breakthroughs in Science' was another focus for the week, which included how scientific work had helped in saving endangered species including the giant panda; ground-breaking space projects such as the successful Space-X rocket landing project; and even more exciting, how science has enabled the bringing to our homes of virtual reality games.



Year 9 students also focused on 'Our Diverse Planet' but went further by looking at 'Diversity in STEM'.

They were able to recognise the diverse range of jobs in STEM and the contributions of both male and female scientists from diverse backgrounds.

The Grand finale was the 'S- factor' initiative which unleashed the competitive and imaginative spirits of the KS3 students. Students worked hard individually and in teams on creating, designing, and writing up experiments that had that winning edge.

The judges, based on the given criteria, had a tough time choosing the best work, due to the fact that there were a number of good quality presentations and potential winners.



The successful outcome of the science week was all due to the hard work of both the teaching and non-teaching members of staff.

SCIENCE CLUB

Thursdays, week after week, the DSTC STEM club has had fun with challenging yet rewarding activities and experiments. Our young scientists; Vilasini Lakshmi Sundaram, Rithicaa Lakshmi Sundaram, and Konila Muralitharan took on the challenge of constructing a model Mars Rover using resources provided by the **Science Museum** and some home-made improvised materials. There were several failures and setbacks along the way, but this did not deter their effort, but rather strengthen their resolve, to get the space rover working. Their determination paid off and we were able to get it rolling.



MINDFULNESS MOMENT

BY MRS AVCU

Are you feeling anxious, overwhelmed, stressed or perhaps bored at times?

Are you in Year 10 and worried about the learning time at school that you are missing ahead of your GCSE's?

This is a really difficult time that we are going through so it is really important that you be kind to yourself and take each day as it comes.

This section of our newsletter aims to give you some useful advice and suggestions which can help you manage your emotions in a more positive way. If you dedicate yourself and practice them fully - I guarantee you will feel better in so many ways.



Mindfulness is all about taking control of your emotions rather than letting them take control of you.

It is about pausing and being in the present moment. I know it is impossible to avoid emotion, so that it not what I ask of you.

What I hope you can do is realise negative emotion and stop it from taking over and ruining your day.

I appreciate it can be hard, but once you start learning some of these wonderful techniques I assure you, you will want to know more!



You may have heard of mindfulness breathing. There are excellent clips online and apps such as **Headspace** that can guide you in practicing mindfulness breathing effectively.

Here is a link to a great one:
<https://youtu.be/CvF9AEe-ozc>.

Dedicating at least 5-10 minutes a day to do this will make you feel so much better.



Also something called a 'body scan' is a key practice within mindfulness and an easy one to complete.

A guide to "Body Scan":

- Lie down (or sit if you prefer) on a comfortable surface and close your eyes;
- Squeeze every muscle in your body as tight as you can;
- Clench your toes and feet, clench your hands into fists, and make your legs and arms feel as hard as stone;
- After a few seconds, release all of your muscles and relax for a few minutes;
- Encourage yourself to think about how your body is feeling throughout the activity.

This simple exercise helps us to become more aware of our bodies and helps find a way to be present in the moment.

You may also want to try some mindfulness colouring.

It is proven to be a very calming activity and can pass time in a more creative and gentle way. Many people engage in this - Molly Mae (Love Island) has been posting her colouring on Instagram and says how it's become a relaxing pass time.

Why not give it a go and send us a photo for the DSTC Facebook site so we can share your creations.

Mindfulness training

for your everyday life

