

# **Cultural Arts Week**

## **Newsletter**



NEWSTEAD WOOD SCHOOL

*"creating opportunities for success"*

# Cultural Arts Week

## Year 9 activities

This week, Year 9 students took part in a series of fun and exciting workshops, including: 3 types of drumming, steel pans, dodgeball, rounders, dance, yoga, badminton and heated debates. We as a school are proud to partake in many activities such as these, as it helps students learn as a whole, reach out of their comfort zone.

The feedback from Year 9 of the many workshops was overwhelmingly positive, as here some have said:

“Really fun!”

“Hitting the edges was so satisfying.”

“My fingers hurt, but it was worth it!”

“A great bonding experience.”

Year 9 students took part in an unforgettable drumming workshop in the Sports Hall, where they explored the rhythms and traditions of **Taiko, Iroko and African drumming**.

Led by experienced instructors, the session offered a fun and educational dive with students learning about the history of drums, traditional chants, and playing techniques. **One student remarked that the workshop was “better than last year’s!”**

We’re incredibly proud of our Year 9s for their enthusiasm and open-mindedness. The many workshops were more than just a few lessons—they were all celebrations of cultures, teamwork, and expressions.



We’re incredibly proud of our Year 9s for their enthusiasm and open-mindedness. This workshop was more than just a music lesson—it was a celebration of culture, teamwork, and expression.



# ***Cultural Arts Week***

## ***Year 8 activities***

Students in Year 8 were able to visit the **National History and Science Museum** in London. They learnt about the historical artifacts and even observed the exhibits. After lunch, the group headed next door to the Science Museum, where hands-on learning took centre stage.



Students explored **the wonders of space**, with rockets and satellites on display. They participated in interactive exhibits, including how the **earthquake** with a magnitude of under 1 would feel like. They also looked at the many, **breathtaking crystals** that were on display, along with the events of a **volcano and other geographical events**. However, the most LOVED exhibit for the Year 8s was the **dinosaur exhibit**, with a massive, toppling fossil of a blue whale along with many other giant fossils that were displayed on the walls.

Something that is STILL exciting me was the earthquake simulator. The earthquake simulator at the Natural History Museum was designed to recreate the experience of an earthquake, specifically the 1995 Kobe earthquake in Japan. It was really fun! - **Ceana 8S**



Another thing that the students went to was the Cuffley camping trip. Set in over 100 acres of beautiful woodland, the natural setting of Cuffley Activity Learning Centre promotes development and growth through engaging outdoor activities. Those that went participated in **archery, abseiling, rock climbing, obstacle courses and a range of other outdoor adventure activities!**





# Cultural Arts Week

## *Year 7 activities*

This cultural arts week, the Year 7 students have been part of an exciting project, the **8 Billion Ideas program**. Their mission is to design and build a project that addresses a challenge in the disruptive industry.

Jola, Amelia, Marvelous, Olivia, Hannah, Milly- RegiScan (electronic register scanner)  
Jola and her group are making an electronic scanner for schools to have an easier registration system. This uses bands with metal/magnetic attachments and a metal box scanner to create a better system



JOLA



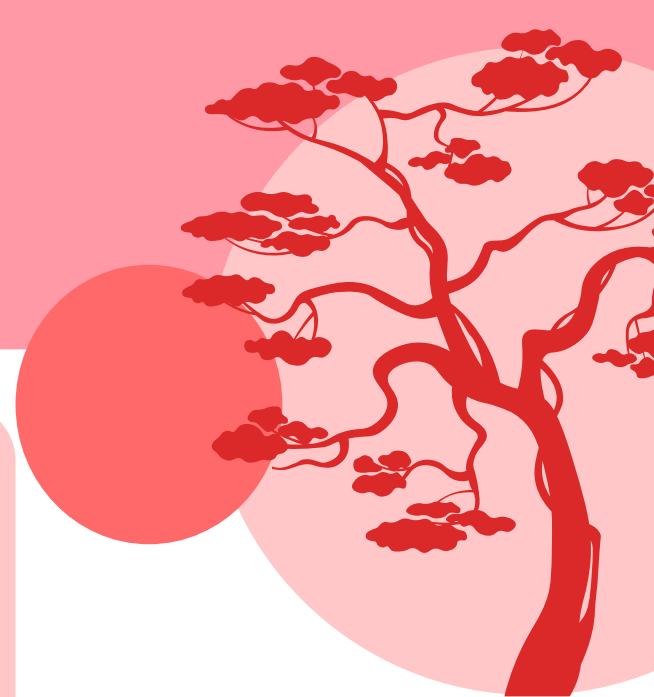
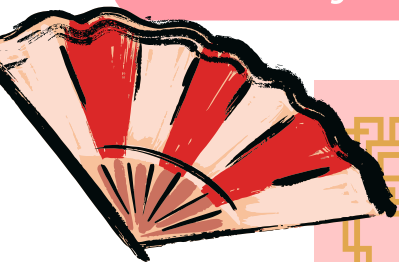
What I enjoyed the most was the conversations with the students, both the students and I learn from each other, whether it's a small fact or a big explanation! I also looked forward to returning to Newstead, as the students' intelligence is admiring! – **Joel**

Enjoyed ... taking part in the 8billion Ideas workshop as it gives ideas of what to do for careers providing options and variety. – Mrs Cikotic



JOEL

The information given gives us as students a chance and an opportunity to make a difference in the world – **Jola 7F**





# *Cultural Arts Week*

## *Drumming activities*



The Taiko drumming session brought a different style and energy. Students were split into groups and taught how to use all parts of the drum and stick, experimenting with homophonic and syncopated rhythms. The tutor made the session sound professional, despite many students being beginners.



Taiko drumming is an athletic form of Japanese drumming consisting of the drums and the art of ensemble drumming which is called “kumi daiko”. It is a powerful performance that blends powerful movements with exotic rhythms.

Iroko drumming is a style of African drumming, associated with Yoruba and West African cultures, where drums and rhythms are often connected with spirituality, ritual and community life.





# Cultural Arts Week

## China Day

Year 7s spent some time learning about traditional Chinese fan dancing and the culture while trying it out for themselves! A professional came in and taught them about the history of fan dancing, the music and origin behind this elegant sport. Another also taught students how to paint using different brush methods, which led to different textures and intensity of colour.



They learnt a new way of counting with your fingers in Chinese. As well as speaking, they learnt how to write in Chinese, using pasta to make Chinese characters, practicing different strokes and order of them. As an addition to their speaking practice, they learnt the different accents, and tricks to remember them!



At Newstead Wood, we support all different ethnic groups and cultures.

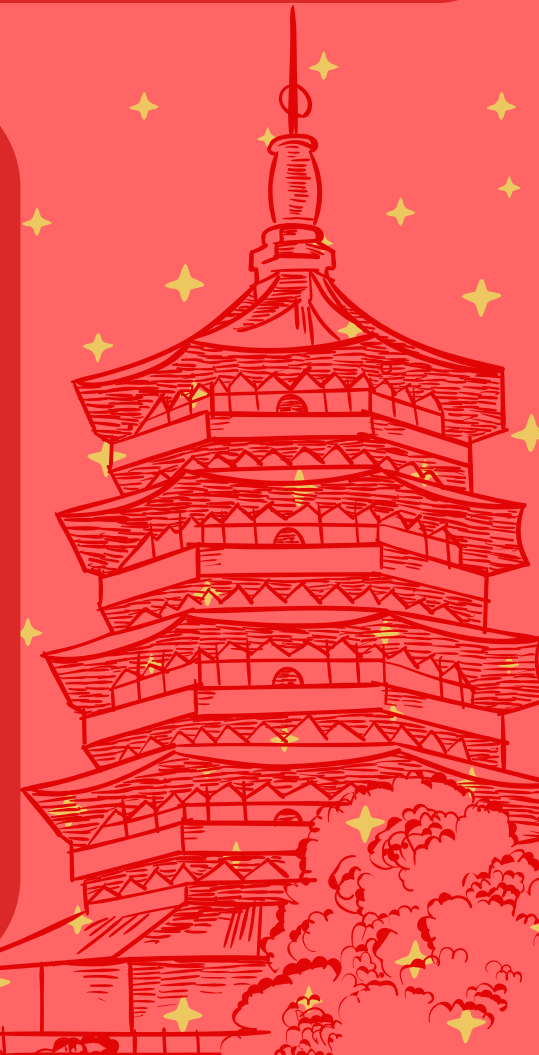
During our cultural week we encourage students to take part in different activities which involve exploring a variety of music, language, games etc. from different countries.

Recently Year 7 have been partaking in a mixture of Chinese activities, such as Chinese fan dancing, (games), painting - all of which was branched under 'China Day'. Here's what one of our students from KS3 has to say:

"Students can learn about their own interests and a variety of history which provides opportunities to learn facts that wouldn't necessarily be learnt at school, stimulating external knowledge." - Ceana 8S

"Students really enjoy indulging into topics that wouldn't really be taught in a classroom. It allows the mind to be open to new subjects and cultures. We can really learn so much."

Finally, we must hear from one of our members of staff:  
"Immersing yourself in another culture broadens your mind and makes students more aware of things going on in different communities, increasing both empathy and awareness." - Miss Mullins (Librarian)





# Cultural Arts Week

## *Sports*

During a week of fun, interactive and engaging in a variety of activities, we have not forgotten the importance of playing sports. Sports are not just means of physical activity; they are a powerful tool for development, fostering well-being, building character and improving strength. Not only does sport improve cardiovascular health, it releases endorphins and boosts mood and therefore reduces signs of stress and depression.

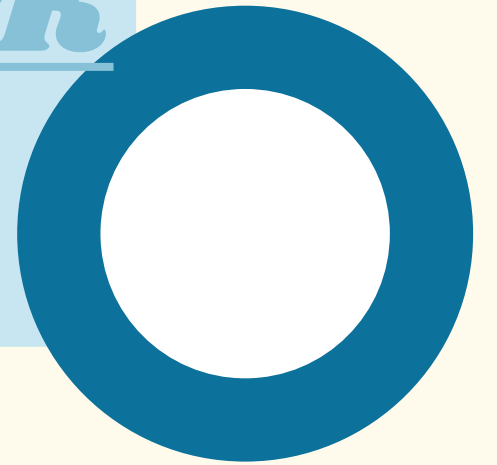
From a school playground to joining a club to playing professionally, sports offer a variety of benefits that are too golden to be missed.

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# Cultural Arts Week

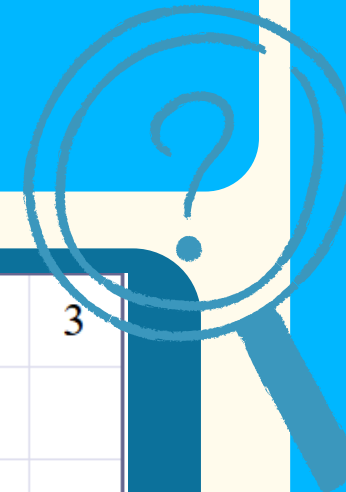
## Games!



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C Q P N B A D M I N T O N I R  
A X J I R O K O K D D T D G O  
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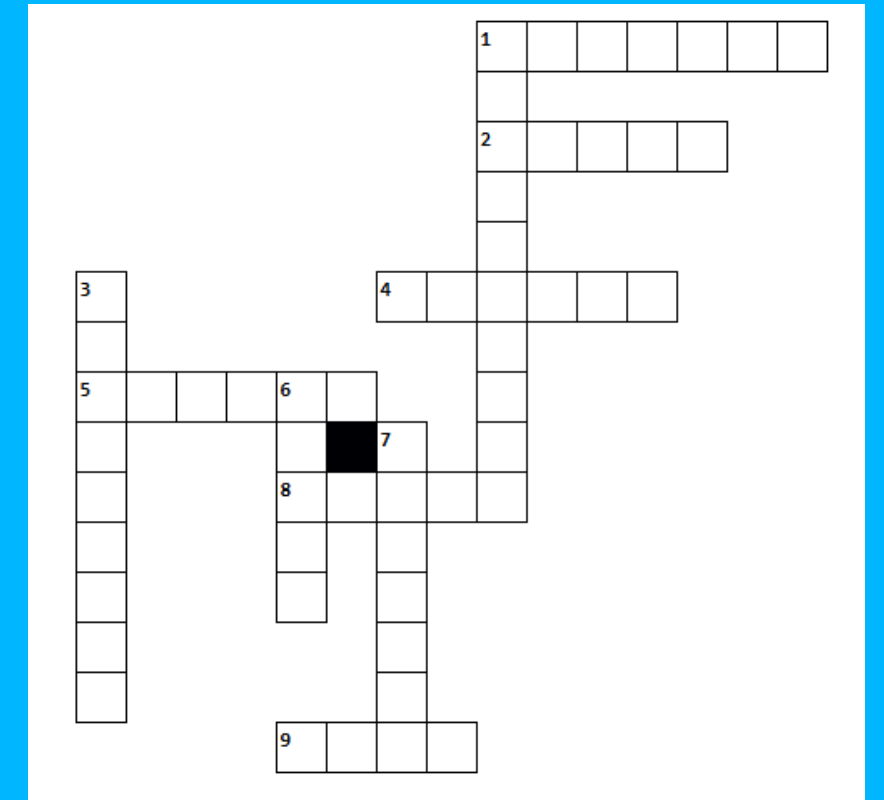
- Chinese
- Japanese
- drumming
- eightbillion
  - yoga
  - iroko
- debate
- museum
- badminton
- rounders



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W O  
R D



ACROSS:

- 1: A long term professional journey
- 2: A hardwood tree found in African countries that is used for drumming
- 4: A building in which objects of historical, scientific, artistic or cultural interest are stored and exhibited.
- 5: A formal argument
- 8: A country in Europe, known for pizza and pasta.
- 9: A practice involving physical postures, breathing techniques and medication

DOWN:

- 1: A day to celebrate and learn about the culture of a large, East Asian country, popular for dishes like chow mein.
- 3: A racket sport that requires a shuttlecock, racket, and intense training.
- 6: Japanese drumming style that is energetic and powerful.
- 7: The activity of spending a holiday living in a tent.