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SAGE COLLEGE

Newsletter

n.11

NOVEMBER 2020 - WEEK 16TH - 20TH



VISIT TO THE FOOD BANK OF CADIZ

Last Monday, the Head Boy and Head Girl from Sage College, together with the Year 6 delegates and their pastoral Heads, visited the Headquarters of the Food Bank of Cádiz. There they were received by Isabel, the director, who explained us the entire work process that she develops and how to take the food to thousands of families with the contributions made by many families from Cádiz.

They are preparing for "The Great Collection", the food campaign that helps more than 40,000 families. This year, donations will be made through the web or with a financial contribution at the supermarket checkout line, since due to the covid, the usual food packages cannot be donated. In addition, our students handed in a donation of 178.5 euros, collected on Halloween.

Message from our School Head:

It is a real pleasure to see how our students go far beyond what is expected of them. Initiative, autonomy, entrepreneurship and leadership are highly valued values by the companies of the future and actions such as "The Great Collection" or supporting the Food Bank on Halloween do nothing but show the supportive and empathetic character of our students. We appreciate once again the contribution, by the families, to the day-to-day life of the school with their initiatives. Through talks on Tolerance by León Fernando del Canto or the actions of the parent ambassadors, our students are nourished by academic activity but also by the experiences of those who are older, contributing to the continuous development of that character that will make them the leaders of the future.

Mr Wickham



631



774



617



634

EARLY YEARS NEWS

PRENURSERY

During this week the 'Little Ducklings' have been learning the story of 'The Gingerbread man'. The activity they enjoyed doing the most was designing their own gingerbread man cookie using different materials and sticking them with the glue stick. Exploring the textures of the different materials was so much fun. They are such good artists!



NURSERY

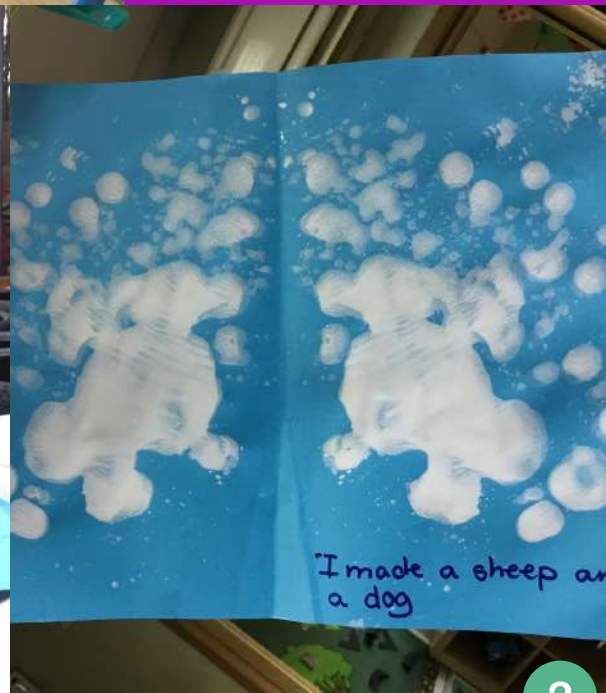
Using natural resources for our fundamental learning skills is very common in our Nursery class. This week they were developing their numeracy skills and doing 1 to 1 counting using pinecones and honky nuts.

What wonderful natural resources we have during the autumn months, with fallen leaves and pine cones gallop.



RECEPTION

The busy bees have been observing the weather. They read the book "Little Clouds" by Eric Carle then went outdoors to find pictures and shapes in the clouds. Then they made their own clouds shapes using puppets and paint, looking at the shapes they see in their creations.





PRIMARY NEWS

TICK, TOCK!

Year 4 have been very busy learning how to tell the time. It is a very tricky concept and they all showed resilience. They all made a little clock to take home so they can practice reading both digital and analogue clocks. Well done year 4



JLT MEMBERS ARE HARD AT WORK

It has been a busy week for our members of the Junior Leadership Team in Primary. It started with the year 6 JLT members going to the Banco de Alimento and learning about the amazing efforts of the volunteers who help support members of our community. Additionally, this week the JLT members have been assigned a very important task, of library monitors. This role involves, sorting, organising and cataloguing the books in our library area, ready to, hopefully be lent out again soon.



ANTI-BULLYING WEEK

Organised by The Anti-Bullying Alliance, which is based at the leading children's charity, the UK National Children's Bureau, this is a week dedicated to learning about the importance of kindness, respect, friendship and tolerance. Last year, this important week reached well over 7 million young people worldwide. This week, children in Primary have taken the time in their Assemblies to focus on the essential values which promote social unity, love, friendship and most of all respect. It has been a wonderful opportunity for discussion along with personal and social growth. We are very proud of all the children in Primary, well done!



MIDDLE SCHOOL NEWS

As part of the International Day of Tolerance, we are encouraging and challenging our community of students staff and parents to bear in mind and practice these basic human rights using an interesting and valuable principles by Don Miguel Ruiz Macías:

Don't make assumptions.

Mind reading is to ask for evidence before concluding what people are thinking.

Don't take anything personally.

We respect their subjective realities, realizing that their views do not necessarily describe us accurately.

Be impeccable with your word.

it means to be truthful and to say things that have a positive influence on yourself and others.

Always do your best.

One obvious reason for doing your best is that we cannot achieve our goals by being lazy. If you do your best, then not only are you are more likely to achieve goals, but you will also avoid criticism from your internal Judge.



Over recent weeks, Year 7 has been introduced to the work of the famous artist, Andy Warhol. Warhol was a popular American print artist who helped create a style of art called Pop Art which included the printing of ordinary objects again and again in different colour styles, as well as prints of famous people he admired, including Marilyn Monroe.

He was part of the huge wave of global creativity that occurred in the 1960s, and his influence can still be felt today. This week Year 7 were inspired to create their own self-portraits in the Warhol style. They used simple digital techniques to create delightful pieces of art, and they were then able to discuss how changing the colour scheme of an image can change its emotion, atmosphere and even temperature. Mr Warhol would be proud!



HIGH SCHOOL NEWS



EDUCATIONAL VALUES

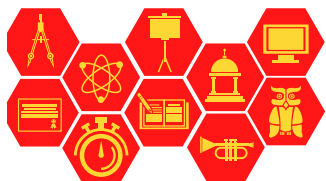
Our High School students are starting to work in a very positive dynamic. They feel how MOCK and external exams are coming, and their importance in their access-to-university process. This will have an impact on their future and, consequently, in the rest of their lives. We would like to encourage them to continue working hard, with a good organisation, and to look for the support from their families and friends, and of course, from us, too. We know that a lot of students and families have questions about all that is around accessing university. In the coming weeks, we will organise different activities that will help to understand the whole process better. Meanwhile, we continue helping our students with their process, supporting them. We are pretty sure that, by working and collaborating all together we will help the students to reach their objectives to continue following their dreams. I wish you a lovely weekend.

by Mr Soto

Last Monday, we celebrated the **International Day for Tolerance**. One of our Year 13 fathers, *León Fernando del Canto*, barrister in the UK, Spanish Lawyer and Director at Del Canto Chambers, gave a speech on tolerance, after having worked in different countries like Spain, UK, USA, Qatar or Mexico. Moreover, **Key Stage 5 students from our sister school in Switzerland**,

the International School of Central Switzerland (ISCS) participated in the activity and further discussion we had on Tolerance. This activity helped to reinforce our main values: excellence, respect and international. We would like to thank Fernando and ISCS for joining us.





Shaping **THE FUTURE**

How a student can access to British universities to study, for instance, **Medicine**?

Basically, the student will need to have **three A levels** (at least two of them related to science, and one between Biology and Chemistry) with good grades, and complete a good personal statement (guided by us) plus complete an admission test. We know that the current uncertainty due to Brexit does not help our students pretending to go to the UK for university. However, nothing has been finally defined, so we recommend our students to follow our advices, and that our families contact us to solve any doubts they have.

ACCESS TO UNIVERSITIES. EXAMPLE MEDICINE IN THE UK AND OTHER COUNTRIES



| CASE 1 MEDICINE IN THE UK AND OTHER COUNTRIES | BIOLOGY | CHEMISTRY | MATHEMATICS |
|--|-----------|-----------|-------------|
| | A LEVEL 1 | A LEVEL 2 | A LEVEL 3 |
| | GRADE A | GRADE A | GRADE A |

PERSONAL
STATEMENT

ADMISSION
TEST



SAGERS

around the world!

INTERVIEW!

THIS WEEK, WE BRING OUT AN INTERVIEW WITH NATALIA GONZÁLEZ MARTÍNEZ, WHO HAD ALWAYS CLEAR THAT HER DREAM WAS TO CONTRIBUTE TO IMPROVE SOCIETY AS A SCIENTIST.

Name:

Natalia González Martínez

When did you finish in Sage College?:

June 2017.

How long did you study at Sage

College?:

Ever since it started! from 11 to 17 years old, so 6 years.

Which is your current degree and university?:

I am a at the final year of Biomedical Sciences with a Sandwich Year student at the University of Kent.

What do you think is an advantage of studying at Sage College?:

The student teacher ratio made teaching much more engaging, the small groups and the sense of community made communication between teacher and students much easier. Our teacher knew us, our strengths and weaknesses so they helped us greatly in our improvement and development.

Why was Sage College useful if you consider where you are now?:

The high level of English we learnt at school made my transition from living in Spain to England quite smooth and helped me to adapt to my degree in English. Studying at Sage College also gave me an insight on how the English education system works. The frequent public speaking and presentations we did at Sage also helped me a lot, as at Uni and work I had to do plenty of projects and presentations. I think my teachers at Sage will be quite shocked to hear that one.

Which are your ideas for your future?:

As my degree is coming to an end, over the next few years I would like to further my learning in the research area of advanced therapy medicinal products (these are medicines based on cells, genes or tissues to treat different conditions, such as cancer).



After this, I would like to end up working in a pharmaceutical company researching and developing medicinal products in the area of cancer immunotherapy (which uses cells from the immune system to target cancer cells). I have recently been involved in mentoring some students both in an academic and career setting and would love to continue doing that in the future alongside my research job

Healthy recipes with Ms Arana

CHOCOLATE CHIP ENERGY BITES



@NUTRICIONISTAGLORIA CONTRERAS
@NATUYENUTRICION

INGREDIENTS

1 CUP ROLLED OATS
2/3 CUPS SHREDDED COCONUT
1/2 CUP NATURAL PEANUT BUTTER (OR ANY OTHER NUT BUTTER)
1/2 CUP GROUND FLAXSEED
1/2 CUP DARK CHOCOLATE CHIPS
1/3 CUP HONEY
1 TBSP. VANILLA EXTRACT
1 TSP. CHIA SEEDS

PREPARATION

1. STIR ALL INGREDIENTS TOGETHER IN A LARGE MIXING BOWL UNTIL THOROUGHLY COMBINED.
2. COVER THE MIXTURE AND CHILL IN THE REFRIGERATOR FOR 1-2 HOURS.
3. ROLL MIXTURE INTO 1-INCH BALLS.
SERVE AND ENJOY!

MEET OUR STAFF

THIS WEEK... Ms Ramos - Catalina

ABOUT ME...



Hello everyone! My name is Cristina, most of you already know me, but for those who don't, I will give you a brief tour about my professional and personal career. I joined the SAGE family in 2014 for what I have been part of for 6 years. Previously I was working for more than 20 years in an Engineering and marketing of agricultural products company. After that period I began to work in an administrative agency and finally after about 25 years of professional experience I came to Sage College to the Department of Administration and Secretariat where I discovered a new sector for me, the fascinating world of Education and Teaching where apart from "my numbers, my receipts, the accounts..." I have had the opportunity to interact with parents and students and work hand in hand with some colleagues forming a great team. I feel privileged to do what I love and come to work happily day after day. It is my wish to remain at Sage College for many more years and to be proud to be a part of this great project. As for my personal life, I am happily married and I am the mother of two wonderful daughters, a pharmacist and another early childhood education teacher, who are the pride and joy of my life.

HOBBIES AND PASSIONS...

As for my hobbies, I have many and what I lack is time! I practice paddle tennis, a sport in which I got the odd trophy. I am passionate about the beach, the countryside and nature ... nothing like a good book in those places! I love reading and traveling. I enjoy with my friends, with a good gathering around a good meal and a good sherry wine. But what I really enjoy is spending time, although today it is scarce, with my husband and my daughters. This is me! A big hug to the Sage College Community

Don't forget to follow us!



www.sagecollege.eu