



THOMAS
GAINSBOROUGH
SCHOOL

PORTFOLIO



PATTERNS IN NATURE RAILWAY STATION DISPLAY



Issue 22
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2019

CONTENTS INCLUDE: HOUSE NEWS, WALL OF
EXCELLENCE, ALUMNI, SIXTH FORM, CAREERS &
SPORT

CONTENTS

3

Patterns in
Nature

4-10

House
News

11

Competitions

12-13

Wall of
Excellence

14

Drama Trip

15

Book
Mastermind

16-17

Grease

20-21

Alumni

24-27

Sixth Form

28-31

Careers

32-37

Sport

38-39

Enrichment

Art Collaboration with Essex & South Suffolk Community Rail



Sudbury and Marks Tey rail stations have become a gallery for a group of TGS Art students. The students, aged 11–13 have been working on the project with the Essex and South Suffolk Community Rail Partnership and train operator Greater Anglia. The art work on display features the students' photography around the theme of 'Patterns in Nature'. Their work has been made into large poster boards and also printed on to heavy duty plastic. Miss Nichol, Lead Practitioner of Art at TGS, said of the project: "I thought that with the railway station being directly opposite the meadows that focusing our photography on patterns in nature would be really appropriate. As a Platinum Level Artsmark school we are fully committed to the Arts. Within my role I actively seek to create partnerships within our community to enable students to create, celebrate and exhibit work."

Jayne Sumner, Essex & South Suffolk Community Rail Officer said, "I've been really impressed by the quality of the students' work and I'm delighted that working with Greater Anglia, we have been able to transform Sudbury and Marks Tey stations into a gallery of their work. The station is the ideal place as the art will be seen by plenty of people and build positive links between the community, school and

stations."

Greater Anglia's Head of Corporate Affairs, Jonathan Denby, said, "We are very grateful to the Thomas Gainsborough School and the Essex and South Suffolk Community Rail Partnership for all their hard work, which will create a lovely welcome for passengers at Sudbury station." Plans have been put in place to have our work displayed on other railway lines as well.

Miss L Nichol



When awarding the Head of House Commendation each term I really do try to consider all aspects of school life. For the Autumn Term I really couldn't decide between two contenders, so I gave the award to both! Josh Allard in CSP has joined TGS this year and truly taken our ethos to heart. He won through to the final of Book Mastermind against some formidable Year 8 and 9 opposition, and represented the House well. A really tough ordeal by anyone's standards. He also created an imaginative cell from recycled

Our charity fund-raising goes from strength to strength. Our Christmas raffle raised over £300 with Gracie Brinkley winning the laptop first prize. Our bag packing team raised £200 at Sainsburys just before Christmas and our Munchy Mondays continue. The photo shows some of our students who wore their Christmas jumper and paid £1 to our House charities during the Christmas fair too. A huge “thank you” to you all for your continued support with our aim to support Headway Suffolk as much as possible this year.

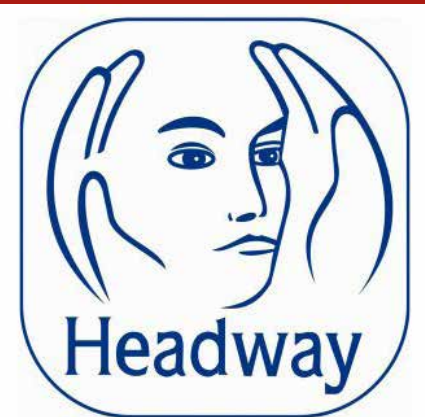
On 11th February we have representatives and service users from Headway Suffolk coming into school to speak to us in our House assembly. I am sure that will spur us on as we again take on the (Not in Yorkshire) Three Peaks Challenge again. As a tag team of six, each person has to climb the stairs from ground to floor three 35 times to complete the equivalent distance to the fantastic 12 hour hike in Yorkshire. Wish us luck for this event on 11th February, and if possible, sponsor a student that you know is participating.

I would also like to commend two of our Year 7 students, both in AAs. Gracie Brinkely and Clementine Wright. The girls decided to enter the Entrepreneur competition – and created a plan

to raise money for Diabetes UK. The girls raised a huge sum, £140, for the charity and demonstrated their ability to come up with an idea, organise themselves and see it through. A brilliant effort girls, well done!

A month in to term already with Easter our next landmark. I am really looking forward to continuing to support our Year 11 students as they juggle all of the demands on their time and continue to revise hard. A little but often is the way, with plenty of flash cards and mind maps. Do encourage our students to attend those intervention sessions and seek help where they need it. We are all here to ensure each student gains the most from their time here at TGS.

Mrs N Wilby





We may not have won the Chelsworth House Cup but we have just had another fantastic Celebration Assembly with so many achievements to share and be proud of.

110 students have now received their Bronze Merit certificate putting them on track for their 300 merit rewards trip next year (and I know many of you have now caught up to these having just narrowly missed out on your 100 merit total before Christmas). An impressive 9 of you have already achieved 200 merits in one single term earning you your Silver Merit Award. A special mention must go to Megan Turner who has earned 300 merits in the Autumn term and who I now know, at the time of this letter going to print, has in fact received 400 merits – what an outstanding achievement!

Mrs Kelly's form are still undefeated for over a year now in the tutor group totals with her class on average receiving the most merits – but I know some of you are now motivated to challenge them this term.

We have had some amazing Values to celebrate too:

Caitlin Cook for demonstrating confidence, resilience and positivity recently receiving the Player of the Match nominated whilst playing for Sudbury Rugby Club.

Oskar Howard for demonstrating confidence with his panto performance at Colchester University and being awarded a drama scholarship.

Mikey Vincent for demonstrating positivity and happiness by assisting with a charity event where Mikey helped to collect presents and deliver them to the Princess Alexandra Hospital Children's ward and also the Children's A&E Department where he then gave these gifts to the children in hospital over Christmas.

My Head of House Commendation went to a young man mentioned in last term's newsletter. George Bowden has continued to get involved in so many different aspects of school life. He is always positive and polite and has even written a novel in his spare time. He demonstrates so many of our school values and is a great role model to others – well done George!



So far this year we have raised nearly £300 for our chosen charity – Friends of TGS and this week we have been adding to this with our chocolate raffle. Next half term we are hosting our big event – The London-to Brighton Relay event where students need to collect sponsorship in order to complete as many laps of our obstacle course hoping to collect together enough distance to cover the entire 76km from London-to-Brighton. Last year we managed to go beyond this and cover 110km!

We hope to see many of you join us after school on Tuesday 20th March from 3.30-5.30pm and you can even come in fancy dress if you want!

Well done to those of you who continue to create those great competition entries, I look forward to seeing your Book Reviews and Plastic Storyboards for this half term in order to see orange ribbons back on that cup!

Miss J Hilson





W e l c o m e 2 0 1 9 !

Honour: Award Nominees Winners

Every student and tutor in Houghton has much to be proud of. In our January Houghton House Celebration Assembly we awarded certificates for the achievements of almost all our students. Many received certificates for their personal presentation and continued punctuality and being well prepared for every lesson. Over seventy students received certificates for 100% attendance during the autumn term, and ninety-eight students gained their Bronze Merit Award for gaining over 100 merits, a great increase compared with last year's total in December (seventy-six students). Furthermore special praise should go to Kaitlin Riddle (GBr) and Lily Ford (BFA) who have now gained their Silver Merit Award for already gaining 200 merits. Congratulations to you all. Honour is certainly the reward for your continued valour.

I was also very pleased to award the Head of House Commendation to Harry Bird (KMA). He is an excellent role-model for all of the students in Houghton; Harry has supported the Houghton Committee with new ideas and taken part in every fundraising event that Houghton has run this year, volunteered to represent Houghton in the Inter House Football competition, volunteered to the Houghton Dodgeball team, taken part in a variety of enrichment clubs, such as Creative Writing, ICT and Textiles, started to work regularly on their ROA, and excelled in their academic progress (15 exemplaries in their last report). What a star!



*Saffy Gwynne
Houghton, patterns in nature comp*

Valour: House Leaders

As the new year begins it has been wonderful to see so many individual students flourish. Particular commendations for students in Houghton have already been given to Matthew Ponsford (9 H-JLO) for completing his 100th Parkrun and Shayna Bhavnani-Preston (10 H-RCA) for reading all the books from the TGS50 list. What an achievement!!

During the last day of the Autumn term, I was delighted to enjoy a cream tea with a group of students from all the Houses, who have made significant contributions to their Houses. I would like to congratulate the following Houghton students for gaining a place in this event:

Thorunn Bubb 7TBA, James Hawkins 11EIR, Eleanor Mills 11JWK, Kaedyn Duke 8JWO, Hasuka Newland 9EIR, Henry Baretto-West 9SOV, Harry Bird 8KMA, Lily Ford 8BFA, Beth Williams - H6 - SCR, Teia Yule H6 - PBE. It was very special for us as we had the chance to wish Hasuka good luck in her new school, as well as welcoming Teia and Beth, as this was the first time that Sixth Form students were invited.

Be Brave!

Our House motto, "Honour is the reward of valour", also reminds us of one of the assembly messages to be brave in our learning, to try new things and work hard to support others. Well done Houghton on a great term, I look forward to hearing about your own personal achievements and seeing you getting involved in competitions and charity fundraising.

Mrs L Hurtado-Read





At our recent Celebration Assembly we recognised the successes of the last term which culminated in a close second place in the Chelsworth House Trophy. Huge congratulations need to go to the 109 Peyton students who had gained a Bronze Certificate by Christmas for gaining 100 merits. 3 students (Jessica Print, Emma Arnold and Esther Shrubsole) have gone beyond that milestone by collecting over 200 merits and achieving their Silver Merit Certificate in the process. A huge well done to all of you!

The Most Valuable Tutor Group was once again won by Mr Bennett's form with an average of 119.1 merits per pupil. Congratulations to them but let's hope another group can challenge them and gain the prize of Chocolates next time! Last terms Head of House Commendation went to a young man who has really impressed last term. After suffering an injury early in the term Will Bradley decided it wasn't going to stop him and he maintained his effort levels involvement in school life at

their already high levels. Beyond school, despite not being able to take part in the sport he loves, Will made sure he was not sitting around. He volunteered to get involved with the coaching of his team and was highly commended for his efforts. A huge well done Will, and congratulations once again!

A huge thank you to our committee members who have helped with the planning of our next charity events for Help for Heroes. We are now a formal partner with Help for Heroes through their 'Charity of the Year' Programme. We are looking at running our own 'Mud Run' event at 'The Playground' near Bury St Edmunds during the Easter Holidays. Parents and pupils will be invited to come along and have an amazing time on the obstacles which provide a great Team Building opportunity. With enough pupil commitment we will also be looking to build in a race that will be part of the House Competition programme that goes towards the House Cup.

Mr W Ponsford



Children In Need Cakes

Make a cake and decorate it in the best way for Children in Need




Abbas:	Jake Morris
Chamberlain:	Charlotte Turner
Houghton:	Honey Regan
Peyton:	Ellagrace Wells - winner
Tollemache:	Charlotte Farrelly




Patterns in Nature

A photograph showing where patterns occur in the natural world




Abbas:	Kirsty Dinnell
Chamberlain:	Robert Dormady
Houghton:	Saffy Gwynne
Peyton:	Ario Wood - Winner
Tollemache:	Rhyn Taylor

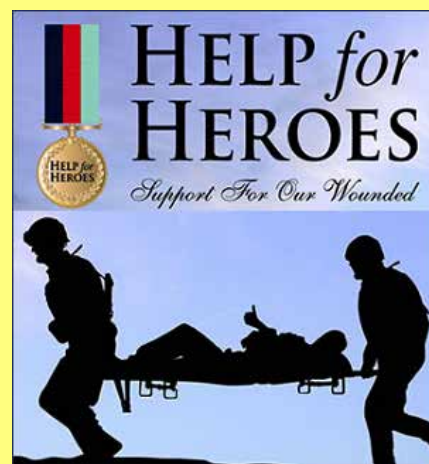


Tales of Terror - Story

A short story with a horror theme



Abbas:	Madison Dunne
Chamberlain:	ECK Team
Houghton:	Bronwyn Bubb
Peyton:	Harriet Sayers - winner
Tollemache:	Alasdair Noble





Happy new year to you all. The start of a new year it is customary to make a new year's resolution. What promises you are going to make to yourself is a hot topic in the media. Exercise more, eat healthy or join a club to mention just a few.

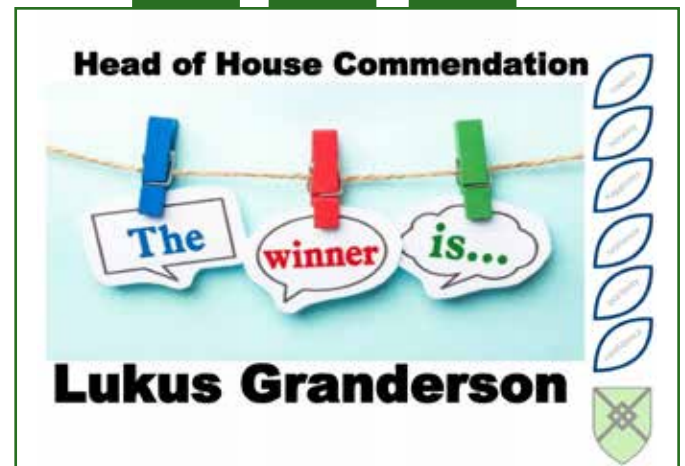
In school we echoed this theme at the start of the spring term. The students were asked to reflect on the previous term and what progress they had made. This made an excellent platform to plan their interview Academic Review Day:

Year 11 focusing on completing coursework analysing mock papers. Finding those vital marks that can carry you through one grade boundary to another. Logging on to the GCSE pod gives helpful revision tips. Year 10 reflecting on their first term working on their chosen GCSE options. Year 9 having just chosen their options are contemplating careers and work placements. Year 8 are working on their Arts Award Bronze Level One sharing their art skills. Teaching each other new techniques and presenting them to the rest of the group. Year 7 have been getting stuck in TGS life attending enrichments and house competitions. Charity events in all the houses have been a roaring success due to everyone's contribution. With all this preparation it was widely felt that ARD day was a very positive experience forging the bond between home and school, supporting students with individual targets.

The start of this term all the houses held a Celebration Assembly to acknowledge the achievements of the previous term. It was great to see so many silver awards for students who have obtained more than 200 Merits. I was pleased to see so many students achieving the 100% attendance award. This demonstrates resilience especially during the coughs and colds season. At TGS we value your appearance: being smart gives you confidence and says to people you value your education. Acquiring these certificates for your record of achievement demonstrates the school values. Your Record of Achievement is a passport to a bright future.

I wish you all every success in gathering evidence for your full and half ribbons.

Mrs F Raleigh



Well done to Abbas – your great contributions to a range of competition certainly contributed to your win for the Chelsworth Cup.

Patterns in Nature

This was our big competition to end the year where students were asked to take a photo showing some sort of pattern in nature. There were so many amazing entries to this competition many of them are now on display at Sudbury and Marks Tey train stations! Our house winners were: Kirsty Dinnell (Abbas), Robert Dormady (Chamberlain), Arlo Wood (Peyton), Saffy Gwynne (Houghton) and Flynn Taylor (Tollemache)



*Arlo Wood
Peyton*

3D Cell Model

Students were challenged to create a 3D model of a cell using recycled materials over the Christmas holiday. Though there were no entries from Peyton or Houghton house there were some fantastic entries and some included detail worthy of A level Biology students! Winning house entries were: Josh Allard (Abbas), Alec Muskett (Chamberlain) and Daisy Driscoll (Tollemache)



*Robert Dormady
Chamberlain*

Ongoing Competitions:

There is still time for you to enter our Book Review competition – not just a writing competition- you could express your love of a book through a poem or picture instead, or perhaps enter our Plastic Storyboard competition – showing the dangers of plastic and ways we can reduce it.

*Kirsty Dinnell
Abbas*



*Saffy Gwynne
Houghton*

WALL OF EXCELLENCE

Thea Dawson

England Junior Touch Team



Following the Ryvita Touch Nationals in September 2017, my touch career has blossomed. In January 2018 I was selected to play for Cambridge Adults Elites Mixed and Women's teams in the National Touch Series, NTS, Elite Division in which only the top 10 teams across the country compete. It was an honour to play against members of the England Adults Opens and 27s teams within the series as well as being coached by the England Women's Opens Head Coach. I am currently the youngest women's player in the history of NTS Elites to participate in the series.

Furthermore, in June, I was asked to trial for a place on the Midlands Women's regional team after which I was successfully selected for the final 16 line-up. I then went on to play in the 3-day UK National Finals against 7 England Divisions as well as Scotland, Wales and Ireland Women Opens invitational teams. It was an amazing experience to play against, and alongside, Internationally capped players.

After my initial selection into the England High Performance Training Squad for U15's Mixed, U18's Girls and U18's Mixed teams, I underwent a 9 month elimination selection process where, at each training camp, a number of people are dropped until a 20 line-up remains. 4 players are made reserves and the other 16 make up the final squad. Luckily I was one of the final 16 players chosen to represent England U15 Mixed squad at the Junior European Touch Championships (JTC) held at Stirling University, Scotland in August. My first International cap. It was an intensive 3-day tournament where we played up to 7 games a day; each game is 40 minutes long. We played France in the

round robin series and lost but we drew to Wales in the semi-final. Unfortunately, due to point scores, our loss to France earlier in the tournament meant that we narrowly missed out on a place in the final against Wales, by 0.5 points. We played Scotland in the bronze playoffs: it was a tough game as both teams were evenly matched but a lucky try in the final 3 minutes put England in the lead 3-2. England finished JTC with a bronze medal, placing 3rd in Europe.

In September I played in the Junior and Masters 2-day Nationals Finals for Midlands U18 Girls. We played against 4 teams and played a total of 9 games. We were unbeaten in every game and went on to become the champions, ranking 1st in England.

Once again the Nationals acted as spotting for potential England squad selection players. Around two weeks later I received an email regarding squad selection from the coordinator of the England Junior Touch association. They informed me that I had made the selection for the England High Performance Training Squad for U18's Girls and U18's Mixed teams and I am currently in the 9 month selection process to make the final squad for JTC 2019, held in Paris, France.



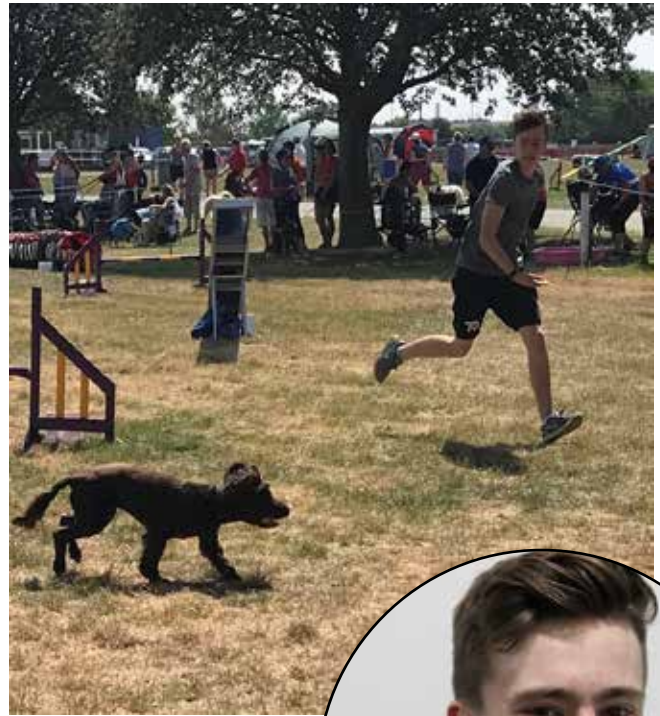
WALL OF EXCELLENCE

Fred Adams *Dog Training*



I compete in dog agility and have been for the past 7 years. Dog agility is running with dogs and sending them over jumps and around a course. I run a Cocker Spaniel called George and he is five. We have been competing for 3 years and we recently got to grade 7 which is the top grade. Also, we will be competing at Crufts for the second time this year, hopefully getting to the main ring this time.

At the beginning of last year, I became an official Kennel Club judge. This means that I set courses for people at shows and assess how they do. I have had 4 judging appointments so far and I have a couple planned for this year already.



THE KENNEL CLUB



Sam Wainwright *Transplant Games*

I was diagnosed with Biliary Atresia at only a few months old and at the age of two I had a liver transplant which has meant that I can now live my life to its full potential. Thanks to this, I have been able to take part in many events and last August I was fortunate enough to take part in the British Transplant Games (An Olympics style event that is specifically for people who have had an organ transplant). I took part in four events and achieved two Gold Medals in the 3k Cross Country and the 4 x 100m Sprint Relay. I competed for the Birmingham Children's Hospital Team, as this was where I had my transplant and it felt amazing to show them what they have done for me. I loved the whole event and was very grateful to meet other people like me and see how they have dealt with life after a transplant. It was very inspiring and showed me that anything can be achieved if you put your mind to it.



TRANSPLANT
SPORT



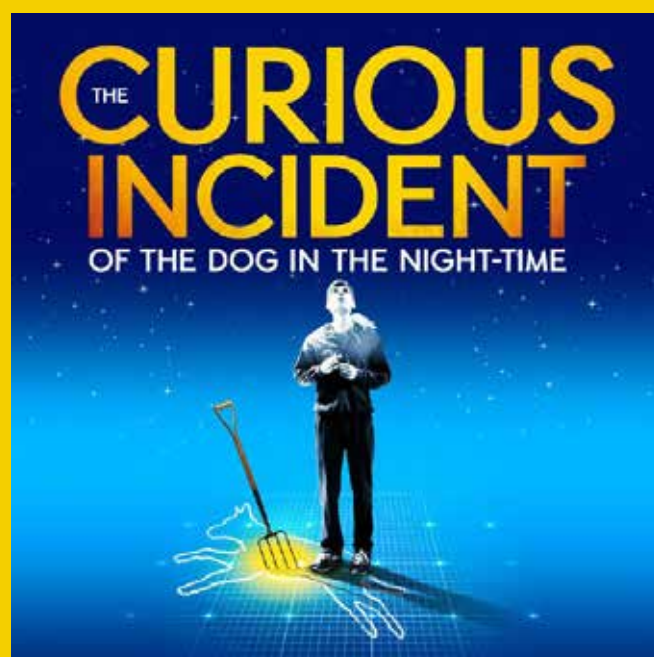


The Curious Incident of the Dog in the Night-time Theatre Trip

On a chilly January day TGS took all of its A level and GCSE Drama students, as well as a selection of other students, to London's West End, to watch the critically acclaimed adaptation of 'The Curious Incident of the Dog in the Nighttime'. 70 students were able to enjoy this fast paced, sensory explosion of physicality. The story is presented through the mind of Christopher, who is Autistic and who sees the world in a very different way. His world is full of colour and noise and can be quite chaotic at times, yet he orders his world with the logic of mathematical equations, which at times were projected or lit up on the wall of the set. Frantic Assembly's physicalisation of Christopher's journey to London to find his mother is so innovative and engaging. It was thoroughly enjoyed by all. Some students were literally on the edge of their seats.

It was a pleasure to take such a lovely group of students and I'm so glad they had the opportunity to watch some of the UK's best theatre!

Mrs J Arrow



Book Mastermind Winner 2019

Lukus Granderson



Lukus Granderson is the latest Book Mastermind Champion for TGS! The final took place on Monday 14th January involving nine students in an extremely close competition!

Lukus answered all 20 questions correctly on his chosen book, *Diary of a Wimpy Kid: The Long Haul* by Jeff Kinney. He then answered all his general knowledge questions correctly scoring 8 points out of a possible 8 for a total score of 28 points. A fantastic and unbeatable score!

The finalists had previously scored top in their class rounds

last term and performed superbly in the final. Runner up was Rosy Morelli scoring 27 points with Megan Turner scoring 25 points for third place. The other finalists were Oliver Naylor, Josh Allard, Flynn Taylor, Joe Ward, Lucas Lawson and Isabelle Hand. The students were all amazing performing to an extremely high standard.

Book Mastermind is an annual competition open to all pupils in Years 7, 8 and 9 and is a vehicle for promoting reading across Suffolk. The competition starts in schools with winners from each school competing in area finals. Lukus will now compete in the

Area Final in March representing Thomas Gainsborough School. This will take place in Sybil Andrews School in Bury St Edmunds competing with other students from schools in the Western Area. Good luck Lukus!

A huge thanks to the English department, Mr Everitt for technical support, Question Master, Mr Lloyd and Mrs Ludlow for setting the general knowledge questions. Thanks also to the audience for their support in this competition.

Mrs H Welch

Thomas Gainsborough School Presents

CALLUM PAGE

AMELIE KINGSTON

GREASE



**27th February, 28th February & 1st March
2019**

Rehearsals are in full swing for our upcoming production of Grease. The cast is coming together and thoroughly enjoying being part of this show. The band sounds fantastic and everyone was very excited when the Pink Lady and T Bird jackets were bought out.

The show is sold out so we look forward to welcoming you!

Mrs J Arrow



Year 11 Graduation, Prom, Yearbook and Hoodies

As the end of Year 11 approaches, we have put together a programme to celebrate success and commit memories of TGS into permanent reminders of school life.

Yearbook

Year 11 Students have been asked to submit a photograph via email in order for us to put this year's yearbook together. These photos will appear in the year book alongside a more formal one that is being taken in school uniform. The yearbooks are available to order until Friday 24th May at a cost of just £10. Order forms will be sent via email to all students and parents. These will be available to collect at the end of the Graduation Ceremony on 21st June. If you would like one (or more) then it is vital they are ordered before the deadline as we are getting them printed to order and are unlikely to have any extra to be purchased on the day.

Hoodies

We are working with a local company to produce Graduates Hoodies for pupils to purchase directly from the company. A link will be sent to all students and parents via email. Deadline for orders is Friday 24th May. These will be also available to collect at the end of the Graduation Ceremony on 22nd June.

Graduation

Our annual Graduation Ceremony is taking place on Friday 21st June from 10:30-12:00 in a marquee in the grounds of the school. Invitations will be posted to parents via the Royal Mail. Replies must be in to the school by Friday 25th May to guarantee tickets. There is no cost for this event.

Prom

The Year 11 Prom takes place at Colchester United Football Club on Friday 28th June. Arrival is 7:00 for 7:30 with carriages at 10:30pm. The dress code is formal (dress to impress!) and Students have chosen a 'Great Gatsby' theme for the event so the colour scheme is black, white, gold and silver for those thinking about dresses and suits for the evening. Tickets will be on sale from Students Services at a cost of £30. This includes entry to the event, a welcome drink, a Buffet Meal, a DJ for the night, exclusive use of the Suite at CUFC, a group photograph taken in the stands of the stadium and access to 500 photographs as a memory of the evening. It is always a great night, so get your tickets soon!

Mr W Ponsford





PROM 2019

CELEBRATE THE END OF YOUR EXAMS IN STYLE
DRESS TO IMPRESS, 1920'S IF YOU WISH!

28 JUNE - COLCHESTER FC - 19.00-22.30PM

£30 PER TICKET WHICH INCLUDES, VENUE HIRE, DJ, BUFFET
MEAL WITH DRINK ON ARRIVAL AND ACCESS TO ALL THE
DIGITAL PHOTOS FROM THE NIGHT



TICKETS ON SALE
FROM
STUDENT SERVICES
SOON



OUR ALUMNI

Be inspired!

Shaun Coles

Global Director of Governance, Banco Santander S.A

I have lived in the Great Cornard / Sudbury area for my entire life. I studied at what was Great Cornard Upper School then (obviously TGS now) from 1986-1989. I completed 11 GCSE's (A-C grade) and went on to gain a BTEC in Business & Finance and, after a further 7 years of study (!), a Fellow of the Institute of Chartered Secretaries & Administrators – basically a royal charter endorsed qualification that prepares you in everything from tax, law, accounting right through to working with Boards that run Global Groups such as my current employer, Banco Santander. I managed to gain my BTEC and Fellowship whilst working which was a real challenge, but hard work got me there.

All the above helped set me on a path to a career in law and governance, which saw me progress from my early roles (Senior Secretariat Assistant, Assistant Company Secretary, Deputy Company Secretary) through to Company Secretary of Santander UK and ultimately to my current role as Global Director of Governance for Banco Santander, responsible for the overall system by which Santander Banks are governed and controlled across the world. To be honest, it has not been easy and has required a lot of hard work and commitment but you get out of life what you are prepared to put in! So, 25 x 3 hour exams later and lots of hard work has led me to my current role, splitting my time between UK and Madrid (and travel to multiple countries throughout any given year).

Often people ask me what has been the secret to you getting to where I am now? Well, I guess it's not any one thing. I would say I am driven, hard-

working, focused and always give a 100%. I like to think I have a good attitude, am honest, respect and treat others well – basically treat people how you expect to be treated - and have a positive outlook on life. Perhaps most importantly, I have an amazing family. Many people under-estimate the importance of these things but trust me, they matter.

In return, good employers will repay you with opportunity, good pay and a chance to fulfil your dreams. So, my advice to you - always show up, show commitment, work hard and never walk away thinking you could have given more. Don't expect something for nothing and always aim to be exceptional. Stick by these and you will do great things.



Jonathan Foreman, FBDO

Director - Observatory - Wardale Williams

I left Great Cornard Upper School (now ITGS) with 'O' Levels and a CSE or two. It was enough to get me into City and East London College and complete an Ophthalmic Dispensing Course. In those days eligible people had the course funded and even some money to live on from the local council. I didn't and so I worked part-time as a bartender in the evenings, and van driver and bartender in the summer, to support myself through college. The whole experience involved little sleep and lots of new experiences and the course was really good too, really cramming lots of information in the two year syllabus.

After college, I was required to work as a pre-reg Dispensing Optician at Imperial Optical, part of a huge Canadian concern. When this finished, I was made Branch Manager of three practices at Imperial Optical. I did this for three years before becoming Area Manager of 11 practices including Selfridges concession for another three years. During this time, I was also seconded to Toronto, Canada supervising 35 staff.

I started my own optical practice with a friend in 1989 (Wardale Williams). We each took out £5000 on our American Express credit cards to start the business. I was 25. I bought my business partner out later and I now own seven practices in London, Essex and Suffolk. I am a partner in another three practices. I lead a team of 45 people.

It is an enormous amount of work to own your own business and you have to be prepared to

take a lot of risks and be constantly on the lookout for opportunities. I bought six of my practices from people who were retiring which is easier than starting from scratch, but does come with its own set of difficulties in managing change within an existing business. You also have to be an expert at everything – IT, HR, finance – in a small business there's no option to outsource these things until you get enough sales to pay for that.

Saying this, the rewards can be substantial if you're prepared to work hard. Being my own boss is great for me because I thrive on doing different things and learning about lots of things. I know it's not for everyone and sometimes I reflect that I miss not having worked in a large organisation and worked my way up, as they teach you things on the way, and you have people to help you. I never really switch off because I am responsible for other people's livelihoods – it's not a 9 to 5 job.



WARDALE WILLIAMS THE OPTICIANS
INDEPENDENT | EXPERIENCED | PROFESSIONAL

Safer Internet Day 2019 was celebrated around the world on Tuesday 5th February 2019

The global theme is 'together for a better internet'

Everyone has their part to play in making the internet a better place.

There are some key tips for parents below.

Our internet, our choice, so...

1. Choose to have a conversation

Talk regularly with your child about how they use technology, and find out what their digital life is like, including what their favourite sites and services are and also how being online makes them feel. Listening to your child will give you the best possible idea of how you can support them.

Choose to take a balanced approach

As parents it's natural to feel worried about the risks posed by your child being online, but for young people the online world is exciting and fun, as it brings so many opportunities for them. Remember that your child will use technology and the internet differently given that they are growing up in a world immersed in all things digital. Try to look at both the positive and negative aspects of being online and empower your child with safe choices they can make instead of overwhelming them with restrictions.

Choose to make use of the tools available to you

There are lots of tools to help you manage the devices used by your family. For example, knowing how to activate and use parental controls can help protect your child from seeing inappropriate content online. It is worth familiarising yourself with any apps that your child uses, so that you can be sure that they are keeping themselves safe online.

Choose to get help and support

It can sometimes feel like young people are the experts in all things digital but remember – you are the life experts. You can take steps to support your child online by using features such as privacy settings on social media and understanding how to make a report on a range of apps, games and services. The NSPCC website is a useful source of information on current social media apps and games, and has guidance on age appropriateness and security.

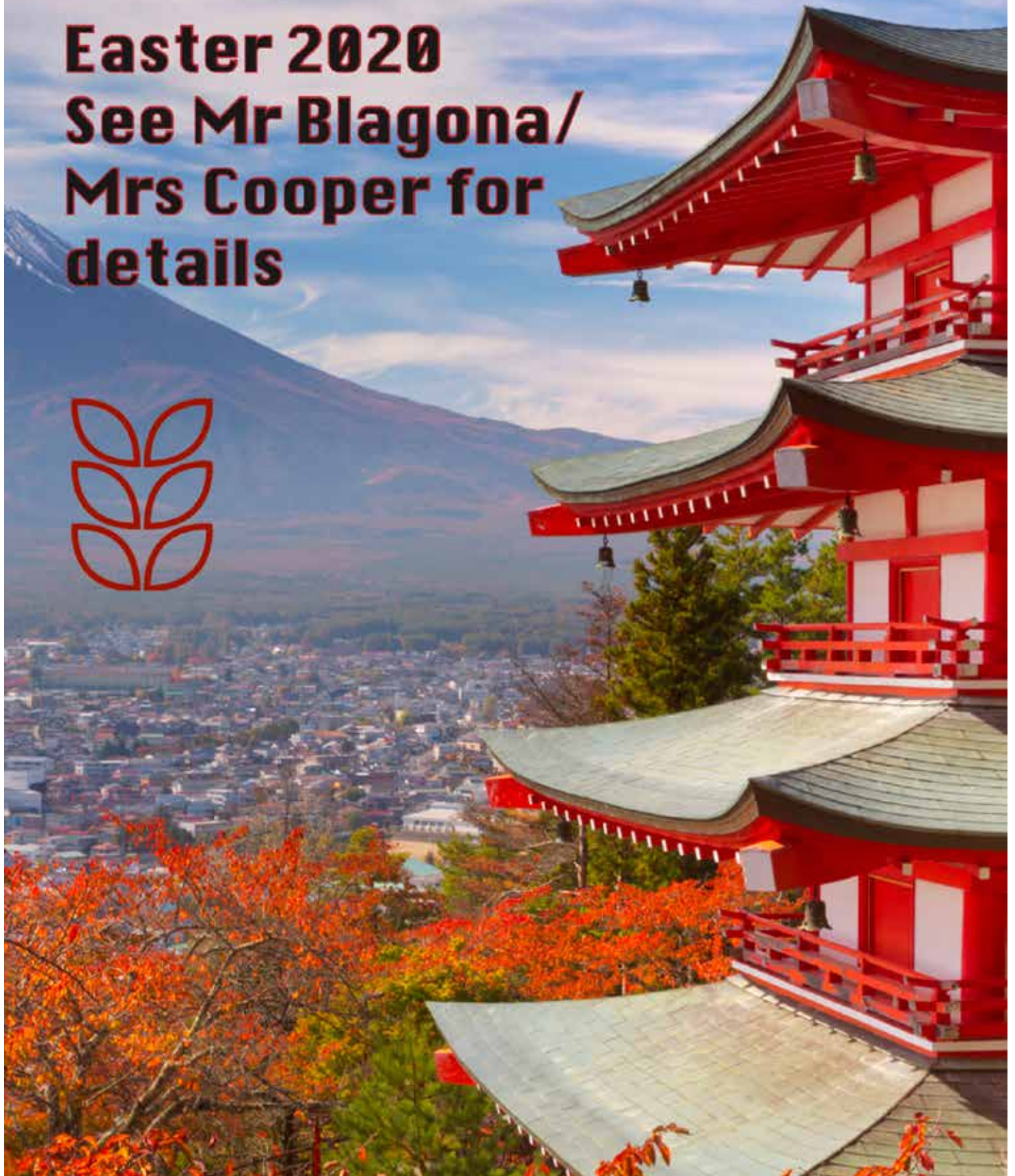
Choose to be current and topical

This Safer Internet Day focuses on the very relevant topic of consent in the digital world. Use this as an opportunity to support your child with how they tackle digital consent within relationships and friendships as well as how online services use the data we provide.



TGS Trip to Japan

**Easter 2020
See Mr Blagona/
Mrs Cooper for
details**



A Trip to Cambridge University via Ancient Egypt

A few weeks ago, I took a late morning trip to Emmanuel College, Cambridge University, in order to experience a small taste of what university life is like there, and more specifically to gain a better insight into Cambridge's Egyptology and Assyriology Course. To begin with I didn't really know what to expect; I knew I had a definite interest in pursuing History to degree level, and had always found the lives of these ancient civilisations rather interesting, but, in all honesty, I hadn't spent much thought over the possibility of studying such a course. However, I was intrigued by this opportunity and knew it would benefit me to broaden my future horizons, so I gratefully took part.

Our day began with a small reception and some time to get to know the other students taking part. The atmosphere was extremely welcoming and friendly, and I didn't feel pressured or nervous, despite being the only one from TGS. We continued this session with two taster lectures (one on International Relations in Ancient Egypt and the other on the importance of Astrology for the Ancient Assyrian People) held by leading Cambridge experts within their fields. Even though, I wasn't hugely familiar with these topics, I found them highly interesting and it was definitely worth the experience of finding out how lectures are run at university.

Afterwards, we had a pleasant lunch at Emmanuel's Halls, followed by a whistle-stop tour of the College, which gave us an insight into the type of working, and more importantly, living environment, at Cambridge.

Our afternoon was split into more practical taster sessions, focused on the Egyptology side of the course. I started with an introduction lesson on hieroglyphics, where we learnt about the basic principles of the language, before starting to decipher a small section of a text using a simplified 'translation' chart and, of course, with the help of our teacher, who specialises in the ancient Egyptian writing system. This was a pretty eye-opening experience, as the language is so far removed from that of the Latin languages I am used to; although, I feel as if this has also peaked my interest into perhaps delving into a symbolic language further, even if I don't choose to study this particular language. Our next section was focused on the archeological side of the course, as we took

a trip to the nearby 'Museum of Archaeology and Anthropology' to get our hands on some real Egyptian artifacts. I think this was the most amazing part of the day, as it was truly incredible to hold something that was crafted nearly 5000 years ago, which was also made to such a high level of skill. It almost reminded me that this civilisation were in fact real people and not just a part of an ancient history book.

Finally, we had a last lecture regarding the university (specifically Oxbridge) application process, and how to, in short, make a successful application. This was probably one of the most beneficial parts of my day, as it was hugely insightful to gain some tips from an actual admissions officer himself. I definitely feel more confident and prepared in the process now.

Overall, I believe that, even if you might be unsure whether a certain course is for you, I would definitely try to attend at least one of these sessions (which a large number of universities offer) as it has given a further insight into how the specific course runs and what areas we would study, but also a greater understanding of the university environment and application process, all of which is highly beneficial information for my decision in the not-so-distant future.

Gemma Deacon Year 12

University of Cambridge is running a number of these Masterclass taster sessions in a range of subjects. You can find information here

<https://www.undergraduate.study.cam.ac.uk/events/masterclasses>

Other universities also offer opportunities to get an insight in what the study of different subjects involves in their Taster Days. You can find information here

<https://www.undergraduate.study.cam.ac.uk/events/masterclasses>

Get in touch with me if you are interested in these opportunities at ctalbot@tgschool.net

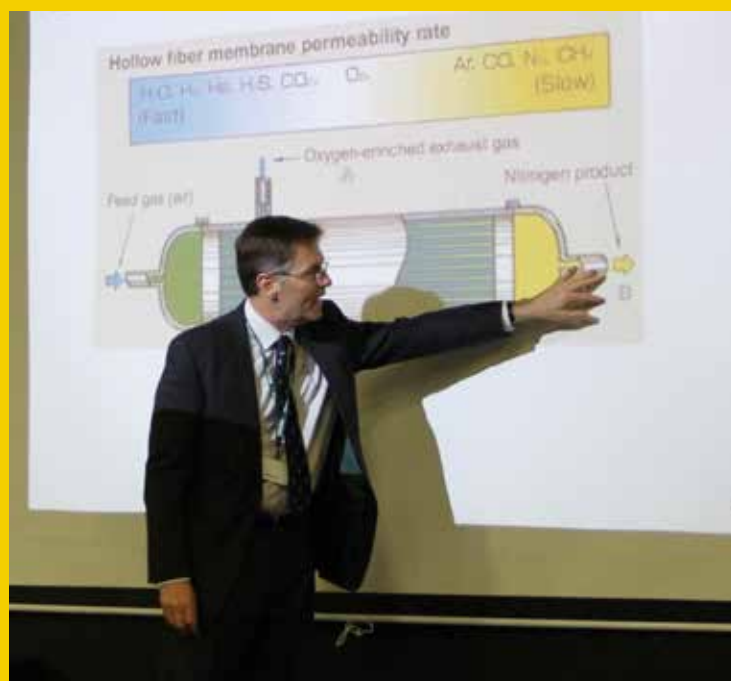
Dr Talbot

Ben Stocks presentation

On Friday January 11th, Year 12 received a talk from Ben Stocks, Chief Executive of Provair PLC; a specialist filtration company. The focus of the talk was on the future. Ben said something along the lines of “You all know the things you like. You know your interests; the things you enjoy, but also the things you don’t enjoy.” For many, figuring out what the future holds and what you want to pursue is hard. Almost impossible really. He explained (using me as an example embarrassingly) that you can rephrase sentences so that in an interview you can express the best version of you. I had applied for a waitressing job over the summer and Ben asked me why. I told him “I had the whole summer and I didn’t want to waste it.” He explained that in an interview, my response wouldn’t have sounded great, but altering the wording slightly, he rephrased it: “I have an entire summer, I want to go out there and make something of it; learn new skills, meet new people and get a little money in my pocket.” Instantly it sounded more enthusiastic.

When it comes to finding a place at university, an apprenticeship or a job, you need something to make you stand out from the crowd, and if you can offer something that the next person can’t then surely you have a greater chance of success. Whether that is as simple as reading a book connected to the field, or a hobby that links to it in some way, you want people to want you, and being able to talk about your interests and goals intelligently is a great place to start.

Ruby Shrubsole



Trip to Royal Courts of Justice & Parliament

On January 4th, students from Years 11, 12 and 13 joined the Sixth Form trip to the Royal Courts of Justice and Parliament in London.

We started with a self-guided tour of the magnificent buildings of Royal Courts of Justice, where we could see the historic courtrooms and displays of judicial robes. As this was a judicial holiday, we then walked to the London County court to witness an interesting case concerning the aftermath of a tragic road accident.

After lunch on Fleet Street, we walked towards Whitehall,

initially in the wrong direction. We stopped at Horse Guards Parade, the Cenotaph and at Downing Street, where we were lucky enough to see the Prime Minister's cat.

Finally, we made it to the Houses of Parliament, where we had a tour of the House of Commons, the House of Lords, Westminster Hall and the Queen's robing room.

The day finished with a debating workshop with parliament's education service, which involved a lively debate about the prospect of the voting age being reduced to 16.

Mr D Yates





The New Year has begun in Careers with a busy start. Year 10 students are currently putting the finishing touches to their CVs and letters of application ready for their mock interviews on Enrichment Day in March.

It is pleasing to see so many Year 7s, Year 8s and Year 9 students coming to add certificates and letters of praise to their ROA folders. They all seem very eager to achieve their half ribbons!

Year 11, 12 and 13 students are coming in for interviews with Mrs Baker regarding their future plans for further education. If any students in Years 7-13 feel they need guidance, please book an appointment with Mrs Baker.

Work Experience

Helena Read-Luxton : Hopleys Farm:

Helena found her own placement and attended during the October half term. Helena is determined to be a vet. She has written about her placement, which she thoroughly enjoyed. Well done to Helena, who decided to complete her work experience during the school holidays, to enable her to concentrate on her school work and not miss any lessons. "After leaving school I would like to study veterinary medicine and work with large non-domestic animals; so I was really pleased to get a residential work placement at The Hopleys in Horringer. As well as being on a farm with rare breed sheep and pigs, it also has an equestrian centre. I was very lucky to spend a day with the vet when she came to visit.

The highlight for me was taking one of the race horses to the equine vets in Newmarket and seeing their fantastic facilities especially for disease control, which is something I would like to specialise in."

Helena Read-Luxton



Since returning after the Christmas holidays the following students have been on work experience:

Luke Woodhouse: Bures Primary
Ella Gillibrand: Silver Monkey
Esther Troughton: Hillside Special School
Celeste Barthropp: Hillside Special School
Amelia Prime: The Bridge Project
Ellie Donnelly: Beautiful You
Maia King: Ardmore Vets
Katie Chambers: Sudbury Health Centre
Ella Hampshire: Glemsford Primary school
Jodie Gamble: The Sewing Room
Phoebe Pledger: The BBC
Elicia Glass: The Swan Hotel
Esther Shrubsole: The Swan Hotel
Amber Mubbett: Sunshine Nurseries
Matilda Stewart-Darling: Ree's Café

Well done to all the above students. The praise from employers was immense and the students were able to further their employability skills by attending work experience. A huge thank you to all the employers who allowed them to experience the working world!

Mrs B Baker
Miss K Perkins



The Quality in Careers Standard >>>>

Careers Employer of the Month

My name is Penny Wilby. I own a local business called thebestofsudbury. I help to promote small businesses to the local community and work with a wide range of different companies, and in different areas to help them get more customers, whether that's via social media, blogpost writing, reviews or business networking. I've been doing this for nearly 5 years and I absolutely love it. There's nothing I enjoy more than meeting local businesses and bringing them together to collaborate. It's a much under-utilised resource, but I cannot stress how effective is when businesses pool together their expertise and resources to grow their organisations. My background is in advertising and marketing and I have a degree from Loughborough University in Communications and Media. I've worked for a lot of magazines, mostly in the IT press for 20 years, but it's local marketing that I love the most. Although Sudbury and surrounding villages are comparatively small, I have met some inspirational and wonderful people; some of the people I respect and inspire me the most, live or work no further than 20 miles from here. When I was at school, I was decidedly average in my academic capabilities. I was in the lower sets for most subjects, but I really wanted to go to university. My head teacher suggested to my

parents that I shouldn't do A Levels, as they were too academic for me. So, being the stubborn person I am, I decided to prove her wrong. I left Sixth Form with 4 A Levels and 3 offers from different universities. That taught me a valuable lesson though, if you really want something and you know in your heart you can do, then go for it. I continue to enjoy proving people wrong. I'm also Thomas Gainsborough School's Enterprise Advisor; a voluntary position that helps connect businesses with the school so they can become involved in mock interviews, work experience, careers speed-networking or employer workshops. I work closely with Mrs Baker and Miss Perkins (and the Sixth Form) to introduce businesses to students; to help build up work experience, make useful contacts and develop employability skills, so when it's time to leave school, college or university, you're ready to take your place in the competitive world of work.

As someone who has been involved in interviewing hundreds of candidates and mock interviewees, what I notice are the differences between those involved in activities outside school, whether it's a paper round, taking part in Duke of Edinburgh or playing sports and those that do very little. Studies are obviously important and it goes without saying, so are exams, but when I

was recruiting, a candidate being able to demonstrate skills such as good communication, confidence, working with a team and having initiative were as important as academic ability. In short, make the time to work on proving you have transferable skills; show you're willing to commit to an activity and step out of your comfort zone to demonstrate you're able to try something new. And if I were to give only one piece of advice, it would be to practise your public speaking skills. The ability to stand up and have the confidence to speak in public is a skill you'll never regret having.

Mrs P Wilby

thebestofsudbury



CAREERS CAR

Apprenticeship Success

Former TGS student Shannon Smith studied for an advanced apprenticeship with West Suffolk College and is now employed as a school technician. She used her own initiative to find the apprenticeship, approaching the school to ask if they would take her on, and is now acting as a kind of case study for the school.

The experiment has been successful, and she has progressed to taking on more and more responsibilities, including being given control of the school's science budget.



PEERS CAREERS



U16 girls Netball vs Mildenhall

On Thursday January 17th the Year 11 girls netball team had their final ever netball game at home vs Mildenhall. As a whole, the game was very close throughout, with both teams only ever being one or two goals apart. In the end our U16 girls team won by one goal, resulting in an 8-7 win to TGS. Well played on your final games girls!



U13 Indoor Athletics

On Tuesday January 15th we took our U13 boys and girls indoor athletics teams over to Newmarket for the first round of the West Suffolk Indoor Athletics competition. Both teams worked incredibly hard throughout the competition. Despite competing against 7 other schools from across the area on the day, our U13 girls team won with an impressive 253 points, very closely followed by Newmarket who scored a total of 252 points. Our U13 boys team achieved a total of 249 points which resulted in second place finishing 9 points behind Horringer who scored a total of 258 points. Due to their hard work and success, our U13 girls have now got through to the County Finals which will be held on Friday February 9th. Good luck to the U13 girls team!

U15 Indoor Athletics

On Thursday January 24th we took our U15 boys and girls indoor athletics teams to Newmarket for round one of the Western Suffolk Indoor Athletics Competition. Both teams put in a fantastic performance, demonstrating incredible team work and resilience. As a result, the U15 girls team came 1st with an impressive 205 points, 17 points ahead of Mildenhall who finished in 2nd place with 188 points! Unfortunately the boys team narrowly missed out on 1st place to Newmarket who scored 213 points, our boys' team coming one point behind in second place with 212 points! Congratulations to the U15 girls team who are now through to the County Finals on Friday February 9th.



U16 Badminton County Finals

On January 30th we took our U16 girls badminton players over to the County Finals in Ipswich, an event which last year the Year 10 team won in the U14 age category. The team consisted of: Evie Prager, Alice Wilby-Ward, Olivia Howard and Niamh Bailey. Throughout the afternoon all four girls played a very high standard of badminton, with many singles and doubles matches being won against opposing schools. In the end, the team finished in an impressive 3rd place! We look forward to seeing what next year brings for this team as they compete against teams consisting of only their year group.



TGS team 1 did fantastically well and overall had a joint score of 190 and came 1st so are now through to the regional finals. A special mention goes to Lois Pilgrim who not only was part of the winning team but also won a medal for scoring the highest individual score. A high level of trampolining shown by all, their hard work was worth it.



Trampolining

On February 5th we took 8 U16 students to OSA for the trampolining competition. With 9 teams in the competition TGS entered 2 strong teams ready to perform both their voluntary and compulsory routines. With practice time and final preparations done, all students performed their compulsory routines first which were done to a good standard with an average score of 7.0 for our students. Brilliant scores of 8 and 8.2 were for Lois Pilgrim and Thea Dawson given for their compulsory routines. It was then time for all students to complete their voluntary routines which students had been working on in practice time. With some last minute alterations, our students performed some fantastic routines demonstrating many moves such as front and back somersaults, to name a few. After all students had performed their routines we waited to hear the results. TGS team 2 finished in a respectable 5th position out of 9.



Cross Country

A cold, windy day greeted the 5 TGS runners, who qualified for the final round of the cross country. A tough course at Woodbridge was in front of the runners, a few long gruelling hills to contend with. Evie Hughes, Jacob Woollatt and Micheal Gwynn all found the competition and course a little too much to handle, but never the less, tried exceptionally hard and did not give up. Anna Robson, started strongly, though faded as the hills took their toll. For all these athletes they have the basis for some great performances next year. Joe Robson was the stand out performer on the day. A very competitive race throughout. 2 strong runners turned on the pace during the last half a lap. Joe tried to stay with them, but they were just a little stronger over the last half a lap, and found himself in a battle for 3rd. Joe was the stronger runner and he started to pull away in the last 400m, to secure a very well earned 3rd place.

This great run consolidated Joe's selection in the county team to run in the Anglian Competition in Northampton on the 2nd February. Joe did very well and came 22nd in the Anglian competition. This is a great achievement for Joe and we hope he qualifies for the Suffolk team, to run at the English Schools Championships.



U18 Netball

The u18 netball team travelled to KEGS, to play a friendly game. Some very good play in patches of this game, the girls should take confidence from this into

the next game. KEGS were a strong side, 3 county players in their team. Highlights were Megan Bailey having a 60% shooting rate, and Beth Mills working tirelessly in defence against a County shooter. A few more training sessions together and the team will be stronger, ready for another rematch against KEGS, Woodbridge and Great Finborough in the pipeline.

Futsal tournament

On January 4th we took 2 teams; a boys and girls team to OSA for a Futsal tournament. The games were played so that each half alternated between boys and girls. The boys' team played their half first and took a strong start against OSA with a few goals clear by half time. It was then time for the girls to play. TGS girls took control of the first half with many missed opportunities to score. Thankfully the ball did manage to find the back of the net with Paige Gardiner and Emily Cribb scoring to let TGS take the lead. TGS went into half time with a 4-2 lead.

With the boys then playing their second half the girls discussed tactics and had a change of positions. The boys had a tough second half with OSA showing a higher level of determination and play and took the lead finishing the game with 11-8 to OSA. The second half of the girls game showed a similar trend with OSA catching up and finishing with a score of 4-4. This then went to extra time and Paige Gardiner scored the winning goal sending the girls through to the futsal final. Great performances from all with a special mention to Alice Ward and Jess Barr who played in goal.



Year 7 boys football v Horringer

The boys travelled away to face Horringer in the next round of the county cup. Having already played them in the league and losing 5-3 we knew it was going to be a very tough game.

The boys started well pressing high and creating good chances but could not find a way through. Horringer also had some very good chances which Tom Simons our goalkeeper did very well to keep out. Unfortunately Horringer scored just before half time after an amazing save from Tom to stop the ball going into the top corner. Unfortunately Horringer got to the rebound first and tucked it away.

The second half saw TGS have all of the ball and continue to press and create chances but unfortunately they could not get the ball into the back of the net!

The game finished 1-0 to Horringer but TGS played some great football and created some great chances: but it was not their day.

a stand out performance, with extremely strong defence, managing to steal the ball multiple times and block lots of shots using her height advantage. We worked really hard against Horringer but unfortunately were unable to defeat them. It was a great atmosphere, providing a fantastic learning experience and opportunity for the girls. Well done!



New TGS PE Kit available to buy from Student Services

U16 Girls Basketball v County Upper

Our U16 girls got through to the semi-final round of West Suffolk and were drawn against County Upper away. We knew it was going to be a tough game, as County Upper are known for their basketball success with the school having a basketball academy set up. There were some strong all round performances from Louise Hollywood, Millie Pearson, Maia King and Mollie Pratt. Thea Dawson played fantastic defence which was great to see. Despite our best efforts, we were not able to beat a very strong County Upper, who won and progress on to the final of the Suffolk Schools Basketball competition. Congratulations for making it through to the semi-finals. Well done girls!

U12 Girls Basketball v Horringer

The U12 girls basketball team have shown great dedication and enthusiasm in training over the last half term. They are very keen to learn and improve on their skills. We worked hard to try and learn the rules and skills for the game in preparation for the match against Horringer, who we knew would present a very strong team. Ava Vosvenieks had





FREE New Class for Year 11

female & male students welcome
starting after half term



Wednesdays 3.20-4.10
Dance Studio
Instructor-Mrs Turner



Wear comfortable stretchy clothing, bring water
and a small blanket/throw

Yoga reduces stress and anxiety, improves mood
and memory so is ideal for the exam season!



Any questions email cturner@tgschool.net

PE Extra-Curricular Programme: Spring Term 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school 8.00am - 8.30am					
Lunch 1pm - 1.20pm				KS3 Dodgeball Club KYG	
After School 3.20pm - 4.15pm	PE Staff Meeting RMY BRI CBR KYG VBR CCO Italy Football Training External FA Coach	Year 7 Basketball Club VBR KS3 Dance Club Sixth formers Trampoline Performance Club (invitation only) KYG IEL Hockey Performance Club (invitation only) Sudbury Hockey Club	Hockey Participation Club DCH Badminton Club KWI Girls Fitness LCR	Kinball RMY BRI Netball Club / Italy Netball CBR Football Participation Club Football Academy / CCO	Cricket Club WPO WLL Running Club Sudbury Running Club Girls football KYG A-Level Revision BRI
4.00 - 5.30pm	Fitness Suite Sport Centre Staff		Fitness Suite Sport Centre Staff	Fitness Suite Sport Centre Staff	

E: cheyn@teschool.net



Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Music Practice Rooms available	Music Practice Rooms available	Music Practice Rooms available	Music Practice Rooms available	Music Practice Rooms available
Debating club (all) JWO Room 202	KS3 Music Academy (invitation only) NRE/AdA Rooms 111/112	Guitar Club Mr Hunt MP1	String Ensemble All Years NRE 111	6th Voice Magazine JWK Room 312
ICT drop in all years GCU Room 219	ICT drop in all years GCU Room 219	String Quartet (invitation only) NRE Room 112 ICT drop in all years GCU Room 219	KS3 Dodgeball Club KYG ICT drop in all years GCU Room 219	ICT drop in all years GCU Room 219
AFTER SCHOOL	AFTER SCHOOL	AFTER SCHOOL	AFTER SCHOOL	AFTER SCHOOL
Italy Football Training External FA Coach	Homework Club run until 4pm LSC	Homework Club run until 4pm LSC	Homework Club run until 4pm Room LSC	Knit & Natter (all) JHI Room 305
Darts Club (paid club) Small Gym	Music Ensemble NRE/AdA Room 112	Chess (all) SPE Room 213	Choir (All welcome) AdA Room 112	Dungeons and Dragons club G15 3.20 - 5.00
Fitness Suite Sport Centre Staff 4-5pm	Food tech club Y7-11 sign up then by invitation as only 20 places THU Room 008	ICT (Animation and Programming, 2 robots) GCU Room 219 - all welcome	Board Games Club Room above the library	Running Club Sudbury Running Club
Careers Games Club Careers Hub 3.15 - 4pm BBa	Lego Club PBE Room 003	History Film Club JLO Room 204	Drama and Media Club Yr 7-8 Cfr / AdA Room G14	Cricket Nets (all) WLU/WPo
	Warhammer Club MHA Room 302	Maths Club Yr 7 and 8 CHF and SSC Room 103	Nvision Club Chaplains Room 101	Girls Football Club KYG
	Jewellery making club Y7-9 AAS Room 004 (15 places)	Tech Craft Club IPO Room 003	Equestrian club Fletcher's Farm Riding School Fordham Dates and times TBA	PE A-Level Revision BRI
	Creative Writing Group GED Room 305	Textiles EDA Room 318	Football Performance Club (invitation only) CCO	
	History Club AJ Simms Room G8	Exploring Christianity Chaplains Room 101	Netball Performance Club (invitation only) CBR	
	Scribble NWB Room 204	Hockey Participation Club DCH	Kinball RMY BRI	
	Hockey Performance Club (invitation only) Sudbury Hockey Club	Girls Fitness LCR	Fitness Suite Sport Centre Staff 4-5pm	
	Trampoline Performance Club (invitation only) KYG IEL	Badminton Club BRI		
	KS3 Dance Club Sixth Formers Dance Studio	Fitness Suite Sport Centre Staff 4-5pm		
	Y7 Basketball Club VBR			

All afterschool clubs will run from 3.15-4.10 unless otherwise stated

Invitation Only - Clubs where staff will have specific entry requirements and they will have targeted specific students to attend these. These clubs are not available for sign up but if you are interested in attending one please speak to the member of staff in charge to discuss the required skills.

Spring Term 2019

Monday 7 January – Friday 5 April 2019

Half Term: Monday 18 February –
Friday 22 February 2019

Summer Term 2019

Tuesday 23 April – Friday 19 July 2019

Half Term: Monday 27 May –
Friday 31 May 2019

Academic Review Day:
Tuesday 2nd April - 8.30am - 5.00pm

Subject Surgery:
Thursday 25th April



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If you would like to visit us it would be our pleasure to show you around. Please contact us on 01787 375232