



Inspire
Achieve
Celebrate



WOODRUSH
STAR

Issue 45 Winter 2022





Contents

- 2 - Welcome
- 3 - Maths
- 4 -5 - Art
- 6 – Music
- 7 - BAC
- 8 - DofE
- 9 - PE
- 10 -Sixth Form
- 11 -12 - DT
- 13 -14 – Train to Teach
- 15 – Photography
- 16 -17 - Art
- 18 -22 -PE
- 23 -25 - Library
- 26 –Prom advert and Hub
- 27-28 - Hub



@woodrushhigh



Woodrushstar
@woodrushhigh.
worcs.sch.uk

This academic year has got off to a flying start with a wide range of trips, sporting activities and special guest speakers visiting school. We've seen an array of memorable and enriching experiences for our pupils and staff this autumn term and look forward to what is planned for 2023.

Woodrush has welcomed several guest speakers to inspire our pupils including Mr Stephen Jones who delivered a business talk about how he started his business "EnviroTech" and Author Aisling Fowler who spoke to pupils about their new book *Fireborn: Twelve and the Frozen Forest*. The library has also been a hub for creative writers as pupils enjoyed submitting entries for National Poetry Day.

The rewards trips to Blackwell Adventure and Alton Towers, which were missed at the end of the summer term due to the heatwave we experienced, were truly enjoyable days out and our students were impeccably behaved. Other experiences have been to the Tate Modern, Year 11 Theatre Trip, Year 11 Futures Day, a trip to Cadbury World and, for the first time, we had drone programming lessons for Computer Scientists.

As ever here at Woodrush, we have celebrated a variety of sporting achievements with pupils taking part in a vast range of sports. Pupils have seen success in girls and boys football, rugby, cross-country, sixth form tennis, basketball and netball. Pupils have also been able to get involved with inter-house competitions such as the inter-house cross country event with Cadbury House winning overall.

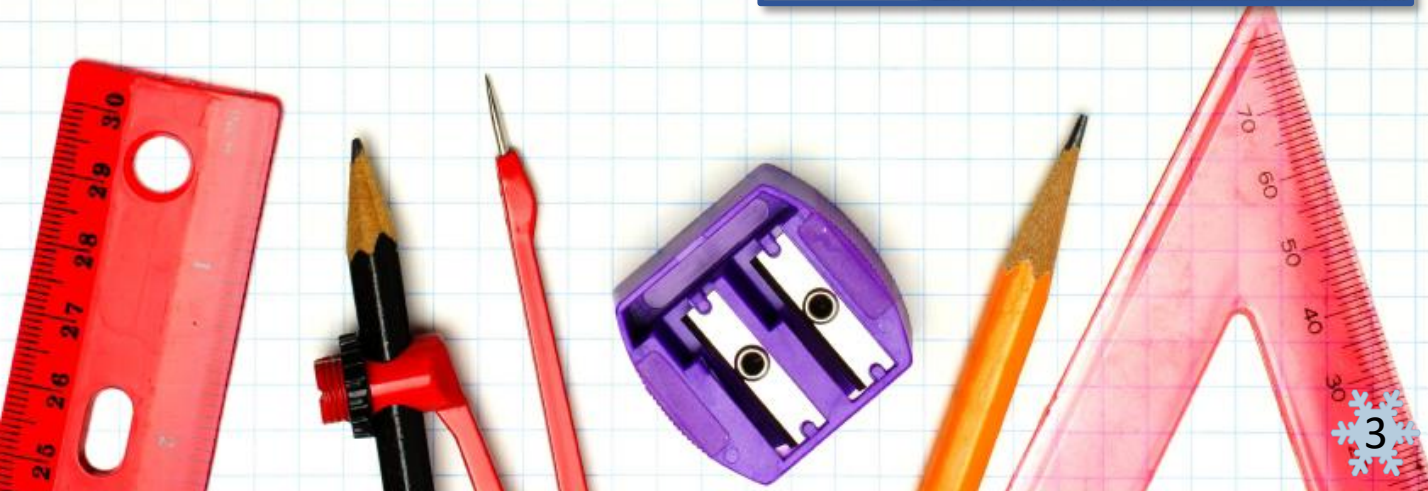
Forty-three Year 11 pupils participated in a two-day outdoor adventure as part of their Bronze Duke of Edinburgh Award. The weather was, thankfully, dry and pupils did exceptionally well in completing their expedition. One pupil showed his commitment to the award and celebrated his 16th birthday on the trip.

Thanks to the incredible staff at Woodrush, we offer a range of extra-curriculum activities for pupils to choose from. This has included Maths Club, Textiles Club, Chess Club, Homework Club and a whole range of sporting clubs.

Finally, the jewel in the crown for the end of the Autumn term was our Performing Art Department's Christmas Concert which was an inspiring showcase of singing, music and dramatics. The tireless energies and preparations of pupils and staff were the core ingredient of this magical evening and truly captured the spirit of our motto ***excellence through endeavour***.

Can I wish you all a wonderful Christmas break and new year.

We have just finished the Year 7 maths club competition. Pupils compete over 5 weeks to win points for their team by answering a mixture of logic and puzzle questions as well as taking part in a team relay. After 5 weeks Sebastian G and Ben H were crowned champions.



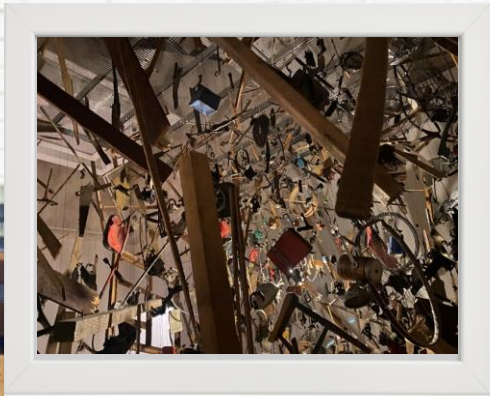


On Thursday 29th September, Year 12 and some year 11 Art students travelled to London TATE Britain to visit the Cornelia Parker Exhibition.

[Cornelia Parker](#) is one of Britain's best loved and most acclaimed contemporary artists. Always driven by curiosity, she reconfigures domestic objects to question our relationship with the world. Using transformation, playfulness and storytelling, she engages with important issues of our time, be it violence, ecology or human rights.

The exhibition brings together such iconic suspended works as [Thirty Pieces of Silver](#) 1988–9 and [Cold Dark Matter: An Exploded View](#) 1991; the immersive [War Room](#) 2015 and [Magna Carta](#) 2015, her monumental collective embroidery, as well as her films and a wealth of her innovative drawings, prints and photographs.

The trip aimed to promote higher level thinking and experiencing artwork presented in its intentioned setting. Students also had the opportunity to see some of the sites on route from the train station. Passing, Buckingham Palace, Westminster Abbey, Big Ben and the Houses of Parliament.



Year 9 Art students have been studying land art this term and have produced some hanging leaf sculptures inspired by **Richard Schilling**.



Spotlight on Year 11 ART - PORTRAITURE





As we were unable for the past 2 years to have a live Christmas concert due to social distancing, The Creative Arts Department were pleased to put together a celebration of all things Drama, Music and Dance this Christmas with their annual Winter Concert live in the hall! Musical solos and duet performances from Key Stage 3, 4 & 5 students, along with performances from Year 7 Pop Band, Woodrush Voices, Musical Theatre Club in addition to Drama and Dance performances made for an excellent evening. Our GCSE music students performed Christmas hits this year along with original songs performed by some of our talented songwriters. Along with these amazing performances, the Youth centre provided us with some interval refreshments and to top it off there was a Christmas raffle to put us in the festive mood.

A massive thank you to all those who took part and helped to make this event possible, we hope to see you for more Creative Arts events in the new year!





EnviroTech

Year 12 and Year 13 had the pleasure of Mr Stephen Jones giving a highly inspiration and aspirational talk about how he started his business “EnviroTech”.

Students got the chance to listen to how Stephen started his energy solutions business 7 years ago after being in the industry for over 30 years, and how it has become a market leader in renewable energy solutions. Students asked questions about what characteristics are needed to be a successful entrepreneur and what drives Stephen on a daily basis to work from “5am till 11pm”. Students got to talk about their aspirations in business and Stephen offered support and guidance in stating “If you go into business for the money, you’ll fall on your face, you must do something you love, something you are passionate about, that’s how you will become successful”. This talk links directly to the business A level that the students are currently learning, showing students first hand what it takes to start and run a successful business.

Bronze Duke of Edinburgh



This term 43 of our Year 11s have started working towards their Bronze D of E Award. Our students have completed 2 training days where they were learning essential skills which would be needed on their expedition. The training days consisted of a day based in school where they were learning and developing their camp craft and navigation skills and a day based out in the local area applying these skills in a practical environment.

On the 5th and 6th October our students set out on their Bronze Expedition. There were 7 groups, walking over 2 days and camping for 1 night. The groups walked and navigated around the Bromsgrove area, camping over night at Blackwell Adventure. All groups had a successful first day and demonstrated excellent teamwork, determination and resilience, facing wet and windy weather conditions. Thankfully the evening was relatively dry allowing them to pitch their tents and cook their evening meal. We were even able to celebrate Jamie S' 16th Birthday, with a cake and chorus of Happy Birthday!

Day Two was thankfully a drier day and students were up at 6.45am taking down camp and preparing for another day of walking. All groups were off the campsite by 8.30am and continued to demonstrate excellent navigational skills, problem solving and teamwork. We are really proud of all the Year 11s who all successfully completed their expedition. All students are now working to complete the physical, skill and volunteering sections of the award.



Interhouse Cross Country

This half term saw the PE department host their first inter-house sporting competition. All the students in Year 7, 8 and 9 represented their house in our cross-country event. Every student participated during one of their PE lessons and all earned points for their house.

It was a very close competition but the winning houses are as follows:

Year 7 Boys – 1st Place: Blake R (6.35m)
2nd Place: Gabriel M (6.37m)
3rd Place: Samuel C (7.21m)

Winning House- Eliot

Year 7 Girls - 1st Place: Ava S (8.37m)
2nd Place: Poppy C (8.40m)
3rd Place: Bella F (8.46m)

Winning House- Cadbury

Year 8 Boys – 1st Place: Nathan W (6.07m)
2nd Place: Callum Q (6.12m)
3rd Place: Lucas G (6.22m)

Winning House- Brindley

Year 8 Girls - 1st Place: Naomi H (7.40m)
2nd Place: Shannon – Paige K (8.09m)
3rd Place: Evie W (8.17m)

Winning House- Lanchester

Year 9 Boys – 1st Place: Finlay F (5.46m)
2nd Place: Joe H (5.57m)
3rd Place: Billy P (5.59m)

Winning House - Eliot

Year 9 Girls - 1st Place: Dorothy F (7.18m)
2nd Place: Eva L (7.28m)
3rd Place: Elsie K (7.36m)

Winning House- Cadbury



Year 7 Blackwell Adventure:

Within their PE lessons the Year 7s have been completing an Outdoor Adventurous Activity Topic. The first part of their lessons were focusing on teamwork, communication, problem solving and orienteering their way around the school site.

The second part of the topic involved the PE department taking 150 Year 7 students to Blackwell Adventure to experience the Adventurous Activities. The day was made up of different activities such as Archery, Giant Zip Line, Crate Stacking, Climbing and the Giant Ladder.

It was fantastic to see all students taking part, challenging themselves and pushing themselves out of their comfort zone. The students were a credit to themselves and the school.



Woodrush Sixth Form 'out and about' Autumn 2022

Our Sixth Form has gone from strength-to-strength during the Autumn Term 2022! Not only did we welcome a fantastic group of new Year 12s to the Sixth Form at the start of the term but our students in both Years 12 and 13 have also been making impressive progress on their 2022/23 A level courses. In addition we have taken part in numerous extra-curricular trips and events in the last four months.

Over £500 was raised by our Sixth formers for Macmillan Cancer Care at their 'World's Biggest Coffee Morning' event in September and they followed this up with some more fundraising for Children in Need last month. Sport, music and drama have featured this term as well with our Sixth Form tennis team impressing against very good opposition recently at Wythall Tennis Club.

Jacob, Tom, Harley and Carter on court, November 22



At Turner and Townsend, London



One of our biggest successes has been our involvement in the CareerReady programme for aspiring students. The group took part in 'A Capital Experience' event in London in December where they joined with over a thousand students at The Dominion Theatre to listen to a number of motivational speakers and then took part in a bespoke workshop at the London HQ of Turner and Townsend, a world-leading professional services company. Our term will end with our annual day out at Winter Wonderland in London on 14th December.

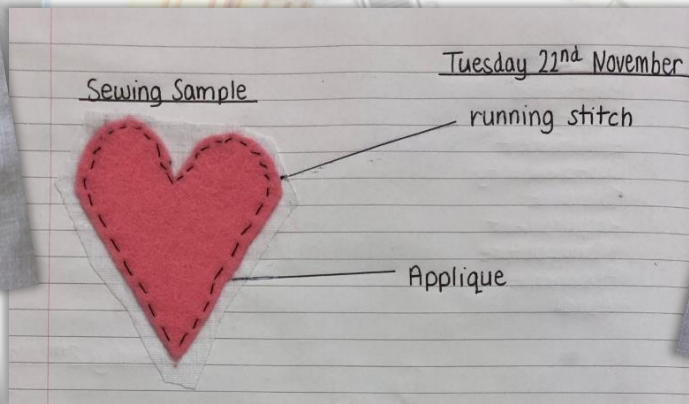
As staff we've been hugely impressed by the dedication and professionalism of our Sixth formers in their studies and more generally in Sixth form life. Roll on term 2!



Reminder for Year 11!
Don't forget to submit
your Woodrush Sixth
Form application form

Pupils have worked incredibly hard this year, the whole of the DT department are proud of how pupils have worked within in DT and the high-quality work they have produced this year. Look at just a snapshot of the work pupils have produced below.

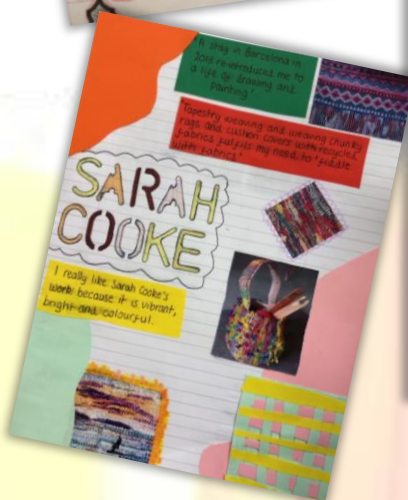
Textiles



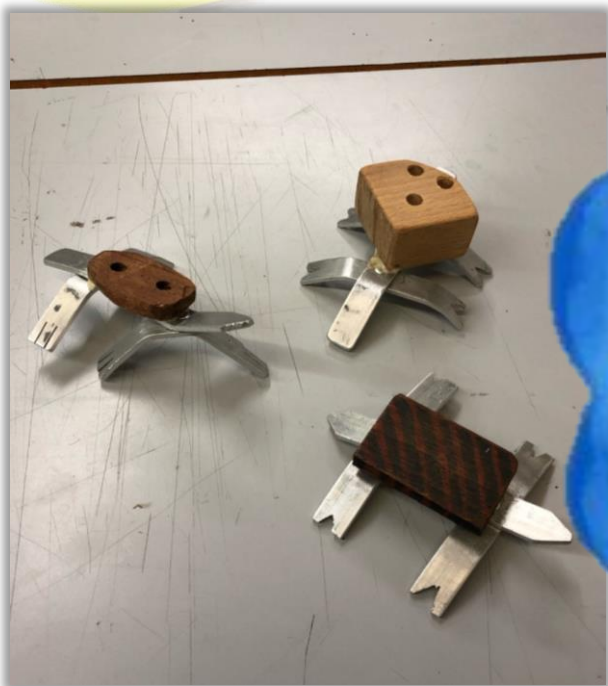
The first lesson in KS3 Textiles is a baseline sewing assessment where pupils can demonstrate their sewing skills by creating an image of their choice. Here are some fantastic examples!



Artist research forms an important part of the KS3 Textiles curriculum. Year 8's have been looking at the weave artist Sarah Cooke. They will use these research pages as inspiration for their practical work. Here are some fab examples of pupils work!



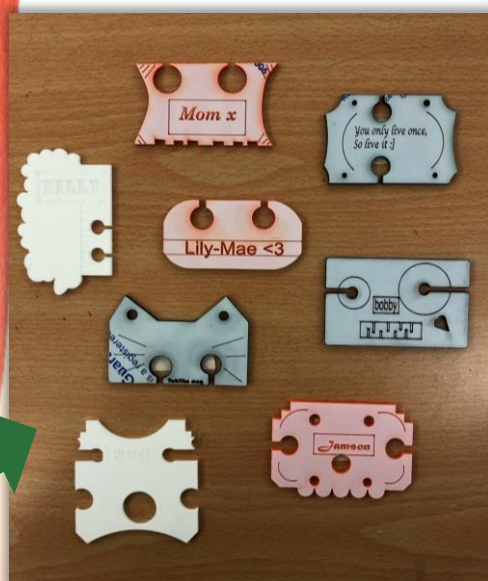
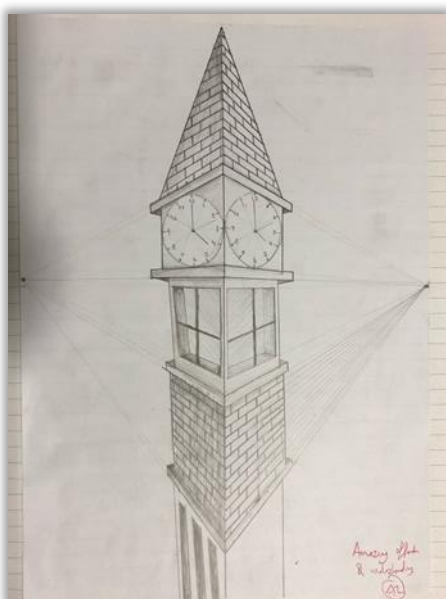
Product Design



KS3 Product Design pupils have been learning lot's of new skills in the workshop. They have learnt how to use a wide range of tools safely such as the drill, Tenon saw and coping saw. Pupils have produced metal and wood animals and wooden pencil holders.

Graphics

Pupils in Graphics have been developing a wide range of drawing skills. They have used pencil to create 3D perspective drawings and also developed their computer design skills to create posters. Pupils have also developed their computer design skills to then use the laser cutter to produce their own earphone holders





100% of trainees
said they would
recommend
Woodrush TC to
family and friends.

Class of 2022

trainingconsortium@woodrush.org

In collaboration with

Teaching

Every Lesson Shapes a Life

Train to Teach

"Discover your
potential, be their
inspiration."

Woodrush Training Consortium

trainingconsortium@woodrush.org



In collaboration with

Teaching

Every Lesson Shapes a Life

**WE
WANT
YOU**

TRAIN TO TEACH



DEGREE



**GCSE GRADE C/4 IN
MATHS AND ENGLISH**



**GCSE GRADE C/4 IN
SCIENCE FOR PRIMARY**

**DISCOVER YOUR
POTENTIAL,
BE THEIR INSPIRATION!**



**WOODRUSH TRAINING
CONSORTIUM**

trainingconsortium@woodrush.org



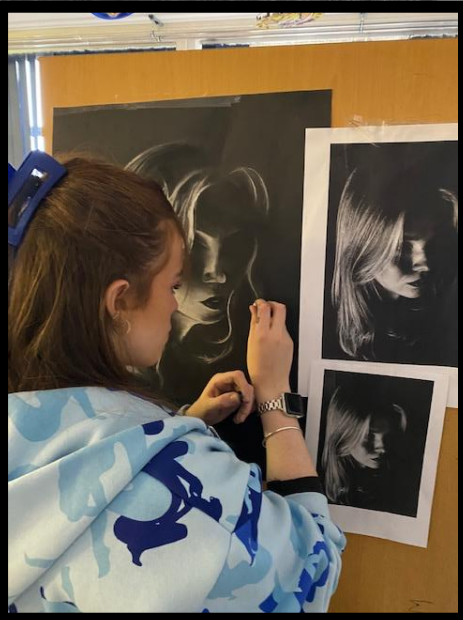
[@WoodrushTC](https://www.instagram.com/WoodrushTC)

PHOTOGRAPHY

SPOTLIGHT
YEAR 11 PHOTOGRAPHY

CAMOUFLAGE





Year 12 Art & Photography Students have been working on a range of drawing workshops at the start of their A Level course in the classroom and in their own private studio space.





Year 7 Girls Football:

A huge congratulations to the year 7 Girls Football Team. They represented Woodrush at the Redditch District 7-a-side Tournament at Woodfield School. The girls did exceptionally well in their first ever experience of representing Woodrush. They demonstrated brilliant sportsmanship and teamwork in their first ever fixture as a newly formed team.

**Year 8 Girls Football:**

A huge congratulations to our Year 8 Girls Football Team who are District Champions! Not only are they District Champions, but they finished the tournament undefeated, only conceding 1 goal. Goal scorers were Megan (2), Ava (2), Lola (1) and Evie (1).

Game 1 vs Walkwood 1-1 Draw.

Game 2 vs Ipsley 1-0 Win.

Game 3 Semi Final vs Woodfield 4-0 Win.

Game 4 Final vs Walkwood 2-0 Win.

The girls showed fantastic teamwork, sportsmanship and the effort and work rate across all fixtures was phenomenal. Congratulations to all involved.

**Year 9 Girls Football:**

The Year 9 Girls Football Team competed in the Redditch District Tournament. They played in a round robin style tournament and played against other schools from the District, including, Arrow Vale, Trinity and St Augustine's. They lost 1-0 Vs Saints.

Won 3-0 Vs Trinity (Megan H x 2, Shannon K x 1)

Won Vs Arrow Vale (Shannon K x 1)

The girls were fantastic and showed great team work, communication and resilience. They finished the tournament in 2nd place.

**Year 8 Boys Football:**

Congratulations to the Year 8 Football Team who have had a fantastic start in the Redditch District League with an 8-0 victory in their opening game of the season. A couple of setbacks, along with a delay in many of their fixtures has meant that the team haven't been able to really take off as we all know they can; but we know that once fixtures start ramping up in the new year this team will be really special to watch.



We also took 2 teams to the Redditch District Football Festival where students were able to play in a number of friendly fixtures against other schools in the District.

Year 7 Boys Football:

Well done to the Year 7 Boys Football Team who qualified for the Redditch District 9 a side final. They finished in the tournament in 4th place and unfortunately missed out in a place in the final conceding a goal last kick of the game.

In the 11 a side game, the Year 7s have progressed on to the next round of the county cup after an emphatic 1st round game.

We also took 2 teams to the Redditch District Football Festival where students were able to play in a number of friendly fixtures against other schools in the District.



Year 9 Boys Football:

The Year 9s have had a great start to the season. They have built from their fantastic season last year and have had wins in the Redditch District League.

This year they are playing in the English Schools Cup. They have progressed on to the second round following on from a nail-biting 6-5 win on penalties away against Stratford Upon Avon School.

As well as this Woodrush also hosted the Year 9 District 7-a-side Football Festival where students were able to play in a number of friendly fixtures against other schools in the District.

Year 10 Boys Football:

The Year 10s have had a good start to their football this season. They are progressing well in the Redditch District League. As well as this they have also competed in a District 7-a-side Competition.

Year 11 Football:

The Year 11s have had a good start to the season with a draw in their Redditch District league game. They have also progressed to the next round of the County Cup after a fantastic win against Droitwich High School.

Year 7 Cross Country

We entered a Year 7 Girls Team and a Year 7 Boys Team into the Redditch District Cross Country Competition. Students were selected for the team based on their individual times and efforts from our Interhouse Cross Country competition.

The Year 7 Girls team made up of Bella G, Ayva S, Amelia G, Abigail S and Amy S. All members of the team finished in the top 30 and came in 3rd place in the District.

The Year 7 Boys team was made up of Blake R, Jack M, Gabriel M, Daniel F, Samuel C and Zephaniah F. The boys team finished 6th in the District.

A huge congratulations to all members of the Year 7 Cross Country Team.



Year 8 Cross Country

We entered a Year 8 Girls Team and a Year 8 Boys Team into the Redditch District Cross Country Competition. Students were selected for the team based on their individual times and efforts from our Interhouse Cross Country competition.

The Year 8 Girls Team was made up of Naomi H, Megan H, Evie R, Evie W, Shannon K, Mia R and Keeva N. The girls showed fantastic effort and determination and finished the District competition in 2nd place. The Year 8 Boys Team was made up of Nathan W, Callum Q, Oliver W, Samuel F, George P. All member of the boys team finished in the top 20, with Nathan W and Callum Q finishing in 1st and 2nd place, going on to represent Redditch District at the County Cross Country. The Year 8 Boys team are the Redditch District Cross Country Champions, finishing in 1st place.



Year 9 Cross Country

We entered a Year 8 Girls Team and a Year 8 Boys Team into the Redditch District Cross Country Competition. Students were selected for the team based on their individual times and efforts from our Interhouse Cross Country competition.

The Year 9 Girls Team finished the competition as Redditch District Cross Country Champions, finishing in 1st place. The Team was made up of Dorothy F, Elsie K, Aimee W and Lydia F. A special mention to Dorothy who finished the race in 2nd place.

The Year 9 Boys also finished the competition as Redditch District Cross Country Champions, finishing in 1st place. The team was made up of Finlay F, Joseph H, Billy P, James P, Owen P and Ethan A. A special shout out to Finlay F and Joseph H who finished the race in 1st and 2nd place. The year 9s did a fantastic job and we are incredibly proud of both teams!



Year 11 Cross Country

The Year 11 Boys Cross Country Team did exceptionally well racing in the Redditch District Cross Country. The team was made up of Ben M, Anthony H, Billy C, Billy H-B and Matthew T. All members of the team finished in the top 20 and showed fantastic effort and determination throughout the race, resulting in the team finishing in 2nd place. We are really impressed with the efforts of every member of the team.



KS3 Tag Rugby:

We took a Year 7 and Year 8 Tag Rugby Team to the Redditch District Rugby Festival at Solihull Bees Rugby Club last Friday.

A huge congratulations to the Year 8 Team who finished District Champions! They worked incredibly well as a team, winning 4 games and drawing 1!

The Year 7 Team finished the tournament in 3rd place drawing 4 games and wining 1.

Both teams demonstrated fantastic teamwork and communication skills and were a credit to the school!

Sixth Form Tennis

This year we entered a Sixth Form team into the LTA Youth School Year 11-13 Competition. The team played in games against Old Swinford Hospital. We are looking forward to games against Bromsgrove School and Uppingham after Christmas.

A huge thank you must go to Wythall Tennis Club for hosting the games for us.



Year 8/9 Basketball

We have entered a mixed Year 8 and 9 Basketball Team into the Redditch District School Games Tournament.

They have currently played 2 games, winning 1 and losing 1.

A big shout out to Zane S and Dylan M who demonstrated excellent ability and leadership skills.

The competition will continue after Christmas and we are looking forward to seeing how the team progresses.

Year 7 Netball

A team of Year 7 students played in the Redditch Netball festival. The students played in a number of friendly fixtures against other schools in the District. The girls were able to put into practice skills they have been working on during lessons and afterschool netball club.

We are really impressed with the amount of Year 7s who have been attending netball club and are looking forward to more netball fixtures and tournaments after February Half Term.



Year 8 Netball

A team of Year 8 students played in the Redditch Netball festival. The students played in a number of friendly fixtures against other schools in the District.

We were really impressed with the amount of Year 8s who were attending netball club and are looking forward to picking up afterschool netball club again after Christmas and to more netball fixtures and tournaments after February Half Term.



Year 9 Netball:

The Year 9 Netball Team entered two teams into the Redditch District Tournament. Both teams showed excellent team work, communication and determination. Both captains were fantastic at supporting, organising and motivating their teams. We played in a round robin competition, with each team playing a total of 4 games against local high schools in the Redditch District, including Arrow Vale, Trinity, South Bromsgrove and Saint Augustine's. We are really proud of both teams!

We are looking forward to picking up afterschool netball club again after Christmas and to more netball fixtures and tournaments after February Half Term.



Year 11 Netball:

Congratulations to the Year 11 Girl's Netball Team who competed in the Redditch District Tournament. The girls played exceptionally well with skill, determination and team work. They claimed 5 convincing wins and lost out on the top spot by only 3 goals!

They finished in 2nd place with score lines:

- 7-1 vs Tudor grange
- 9-0 vs Ridgeway
- 4-3 vs North
- 4-2 vs Trinity
- 7-4 vs South
- 7-4 vs Saints

The girls were a credit to our school and demonstrated impeccable attitude, behaviour and sportsmanship.

As well as this the Year 11 team also represented Woodrush in the Sixth Form District Netball Tournament. The girls played incredibly well in difficult weather conditions. Playing against students 1-2 years older. The girls finished the tournament undefeated after playing against North Bromsgrove, South Bromsgrove and Arrow Vale. All of the girls played really well and showed how versatile they are becoming as netballers. A big shout out to Lily C, Eve F, Ruby W, Frankie W, Jess K, Megan C, Daisy -S, Sophie F and Skye D-B.

We are really proud of the commitment, dedication and effort the girls put in to both training and games.

Non-Fiction November

Reading non-fiction is a great way to expand your horizons and learn something new. Students in year 7 and 8, who have achieved their Accelerated Reader points target, can work towards our own Bronze and Silver Awards by reading a wider variety of books, including non-fiction. The experience of reading a non-fiction text differs from reading novels. Although some students may read non-fiction cover to cover like a novel, often the joy comes from dipping into the book and picking out the most interesting bits. Along the way, they may pick up new vocabulary and discover fascinating facts about the world around them.

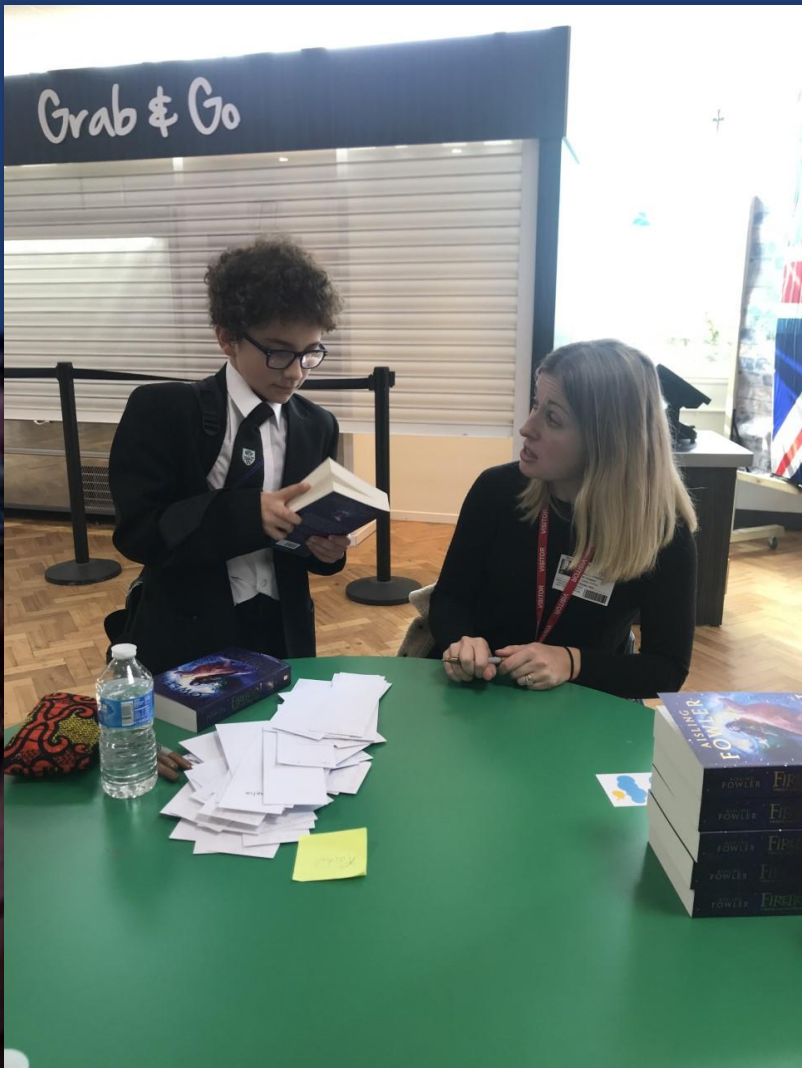
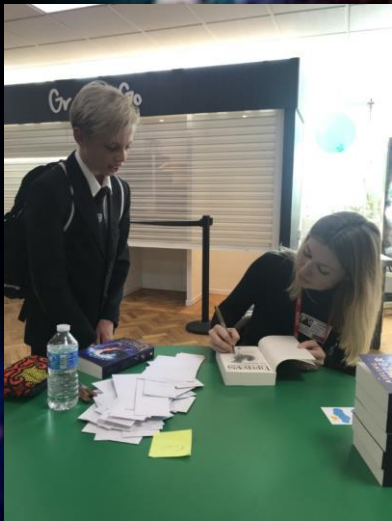
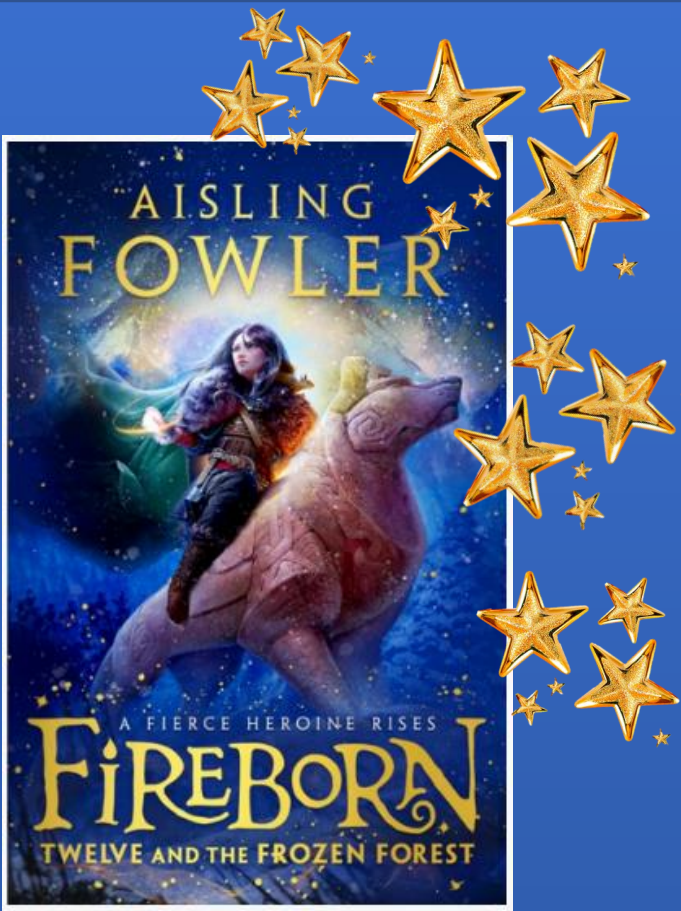
Picture Caption: Here’s a snapshot of the non-fiction choices in one library lesson.



Library

There was a lovely buzz around the school on the morning that author Aisling Fowler came in to talk to our year 7 students and pupils from the Coppice. In October, Aisling's book *Fireborn: Twelve and the Frozen Forest* was published in paperback. In this epic adventure, Twelve sets off on a dangerous journey to rescue her friend, fighting monsters along the way.

Aisling treated us to some readings from her novel, setting creative activities after each one. It was great to see so many children engaged with inventing their own characters and settings, ideas that they could take away to write a story of their own. Those students lucky enough to have books signed appreciated Aisling's interest in each of them and their reading preferences. It truly was a memorable morning.



The Great Outdoors – Harris Wobbes Garcia (8E1)

All around us, in plain sight,
Nature stands, pure and bright,

Biomes of different varieties,
Each with their own identities,

Plateaus, tundras, mountains, seas,
With forceful gale, or gentle breeze,

The bright blue sky, the clouds, the sun,
Signal a new day of nature to come,

Above the surface, in the air,
Birds live inside their treetop lair,

There is more than meets the eye,
Underground, beneath the sky,

The roots, the seeds, of plants and trees,
Just step outside and you can believe.

The world outside is a wonderful place
with lots of sounds and scents and beauty to embrace.
But the roses have wilted;
The violets are dead,
The daisies are dying,
The Poppies aren't red.

That's 'n because of our decisions,
That put the world in these conditions.
You walk outside and what do you see?
Lots of rubbish and polluted air

To make our shops and industries
we have to cut down beautiful green trees,
we are home to birds and bees,
all for the benefit of our factories.

But you don't have to ruin this lovely nature
To get involved and start something major,
So lets all get involved for a better future,
And appreciate this lovely nature.

The theme for National Poetry Day 2022 was one that many young people feel passionately about, The Environment.

NATIONAL POETRY DAY

✦ 6TH OCTOBER 2022 ✦

Here are the year 8 prizewinning entries from our poetry competition.

Amy Southall
8V

3

Our Planet

Our beautiful planet is struggling to thrive.
If we don't take care, it will not survive.

The Earth is getting warmer
as our icebergs do melt
With summers getting hotter the change
can be felt.

Manmade creations thought to make our
lives richer, only now we are facing
the damaging picture.

The seas and the rivers
are fed plastic and tinned
The fish and the birds are
on the decline.

Our dark dense forests
are losing their trees,
we need these to live,
along with the bees!

Biodiversity is crucial for
our existence on Earth
We should take care and
look after it for all it is
worth.

We've got to stop
before it's too late,
as this beautiful
planet will not
wait...

Bridal and Prom Bar

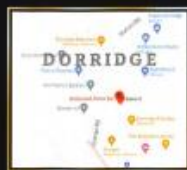
We would like to say a great big congratulations to you on your forthcoming Wedding.

At Bridal and Prom Bar we offer you a warm welcome and the very best customer service we can provide to help you find your dream dress for your special day or event.

We want your dress shopping to be an amazing experience as it is such an exciting time!

With our one-to-one appointments you get full exclusivity of our beautiful boutique. We also have 2 viewing rooms where your family and friends can share the experience with you.

Above Salon 5
5 Station Approach
Dorridge
B93 8JA



07593 244 834

bridalandprombar@gmail.com



www.bridalandprombar.co.uk

Follow us on Instagram and Facebook



Bridal and Prom Bar

Our prom girls have a room all to themselves with over 250 prom dresses to choose from. We have lots of fabulous designers and dresses with lots of sparkle to dresses with no sparkle at all!

We stock the best Prom and are very proud of our designers. We are official stockists of: To The Nines, Tiffany Prom, Alyce Paris, Ruby Prom, Special Day & Mascara.

Our dresses are priced from £85-£695 and sizes start from 00-30.

We only sell one dress style per school and we never sell the same style dress in another colour to that school.



Call for an appointment on 07593 244 834



www.bridalandprombar.co.uk

Follow us on Instagram and Facebook



HEALTHY LIFESTYLE COURSE

SIX WEEK EDUCATIONAL COURSE FOCUSING ON FITNESS AND NUTRITION

**SIX ONE HOUR SESSIONS :
30 MINUTE NUTRITION TALK FOLLOWED BY 30 MINUTE FITNESS SESSION**

**NUTRITION TOPICS INCLUDE
MACRO & MICRO NUTRIENTS; GUT MICROBIOME ; BLOOD SUGAR BALANCING & MORE!**

FITNESS SESSIONS INCLUDE: YOGA; STRENGTH TRAINING; AEROBICS

**STARTING THURSDAY
27TH JANUARY 2023
AT 6PM. LIMITED TO 15 PLACES.**

**COST:
GYM MEMBERS £50
NON-GYM MEMBERS £60
TO BE PAID UPFRONT!**

FOR MORE INFORMATION AND TO BOOK PLEASE CONTACT
info@woodrushsportscentre.co.uk OR PHONE US ON **01564 820099**



R U S H
A C T I V E
G Y M

JUNIOR GYM



- SATURDAYS & SUNDAYS
- 11AM-3PM
- 8-16 YEAR OLDS
- £5 PER MONTH

**STARTING
SATURDAY 7TH AND
SUNDAY 8TH
JANUARY!**

***TERMS AND CONDITIONS APPLY -
PLEASE CONTACT THE FRONT DESK
FOR MORE INFORMATION***



LAUNCH WEEK

MONDAY 16TH-SUNDAY 22ND JANUARY 2023

**FREE ACCESS
FOR ADULTS &
JUNIORS***

**NEW LES MILLS
CLASS
LAUNCHES**

**CLASSES
AIMED AT ALL
LEVELS AND
ABILITIES**

**FREE
NUTRITION &
PROTEIN
PRODUCTS**

**FUN,
FRIENDLY
ATMOSPHERE**

***TERMS AND CONDITIONS APPLY - ASK FOR MORE DETAILS
INFO@WOODRUSHSPORTSCENTRE.CO.UK
01564 820099**



Editor: Mrs S. Baker
E: woodrushstar@woodrushhigh.org
W: www.woodrushhigh.worcs.sch.uk
Pupil Editors: Elise D, Ralph S, Stella S and Llukhan D
Headteacher: Mr J Barber
Woodrush High School,
An academy for students Aged 11-18
Shawhurst Lane, Wythall, Worcestershire, B47 5JW
T: 01564 823777 F: 01564 820092



© Woodrush High School 2021
The Woodrush Star is published by Woodrush High School

We often use pictures, names and videos of students for publicity purposes in our newsletter 'The Woodrush Branch' and our magazine the Woodrush Star, we like to acknowledge and celebrate our students' achievements, resulting in photos and names of students being printed. If you prefer your child's name/image not to be used for such purposes, please contact the school and the necessary arrangements will be made.