

SUMMER 2023

ISSUE 24

WOODRUSH

Star

PROM EDITION



Year Group
Highlights
&
Achievements



A Term of Trips
and Adventures!

Find out what exciting trips
we've been on this term.

A NIGHT AT
THE PROMS!



Contents

PAGE 2	A WORD FROM THE HEAD
PAGE 3	YEAR 7 HIGHLIGHTS
PAGE 5	YEAR 8 HIGHLIGHTS
PAGE 6	YEAR 9 HIGHLIGHTS
PAGE 7	YEAR 10 HIGHLIGHTS
PAGE 9	ATERM OF TRIPS
PAGE 14	YEAR 11 LEAVERS
PAGE 15	ANIGHT AT THE PROMS YEAR 11
PAGE 17	SIXTH FORM PROM
PAGE 19	WOODRUSH SPORTS FESTIVAL
PAGE 20	WOODRUSH TRAINING CONSORTIUM - TRAIN TO TEACH

DEAR PARENTS, CARERS AND STUDENTS

This academic year has been a year of many fantastic new opportunities for our learners thanks to our wonderful team of Woodrush staff and community volunteers. It gives me great pleasure to introduce our mini-Star for 2022-23, which captures just some of the highlights from our curriculum trips, enrichment and events.

Every moment on each page, captures some of the opportunities our students have had for inspiration, achievement or celebration.

When out in the community on educational visits, sporting events and community engagement activities, Woodrush students have, again and again, demonstrated excellent behaviours and attitudes. They are excellent ambassadors, representatives and participants at home and away events and in our local community.

This past year has been a challenging time for our students and families, with rising costs of living and disruption caused by strikes and snow days, so it is even more pleasing that despite these limitations, students have had these experiences - building positive memories, that will remain with them forever, of their time at Woodrush.

Every year, our Year 13 and Year 11 Proms are the pinnacle of the events calendar and 2023 did not disappoint! Our leavers had a fantastic time and the photos contained in this edition capture some highlights from the evenings. Everything we do as a body of educationalist is to equip, enable and empower and we wish our school leavers the very best in their endeavours beyond Woodrush.

Can I thank each colleague who coordinated each event. And I know I can speak on behalf of all our staff when I say how proud we are of every student for their efforts and achievement this past year. So, with all that said, enjoy taking a few moments to review some of the best bits of 2022-23.

Mr Barber

To inspire, achieve, and celebrate **excellence**
through endeavour.



Year 7 Highlights

TOP ACHIEVERS!

Congratulations to our top achievers. Thankyou for consistently having an outstanding attitude to learning!

James A	567
Sebastian G	551
Freddie U	522
Jessica B	511
Jacob D	503
Etahn H	481
Lola G	475
Lucas B	473
Amelia G	471
Stan M	450

Achievement Points & Character Points

Year 7 have received 52,222 achievement points this academic year, well done to all students!

The form group totals are as follows, well done to 7L1 who have the most achievement points overall this year. Mr Smith will be so proud!

FORM	TOTALS
7B1	8570
7C1	8146
7C2	7939
7E1	8541
7L1	9501
7L2	9253

Year 7 have gained 2548 character points this academic year for being kind and courteous. Well done to all those students who have received character points.

ACHIEVEMENT EVENTS

We've had a celebration event each half-term to celebrate the outstanding attitude to learning from our top achievers. Well done to all students who have gained achievement points this year!

These are the reward events that students have attended this academic year;

Term 1.1 – Video games, pool, table tennis & donuts

Term 1.2 – Hot chocolates & a Christmas film

Term 2.1 – Party games & prizes

Term 2.2 – Party games & board games

Term 3.1 – Old school sports day



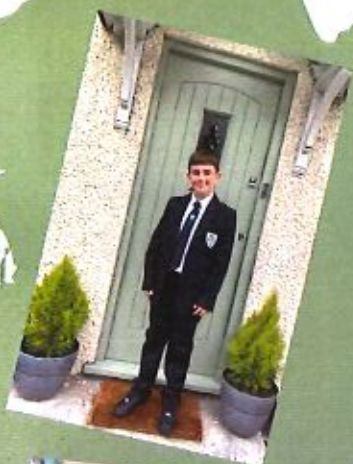
HEAD OF YEAR MESSAGE

Year 7 have made a fantastic start with us here at Woodrush! We are so proud of all their achievements and we look forward to welcoming them back with us in September. Enjoy your summer holidays, we can't wait to hear about what you've been up to!

Best Wishes
Mrs Desmond (Head of Year)

THROWBACK

to students 1st day at Woodrush

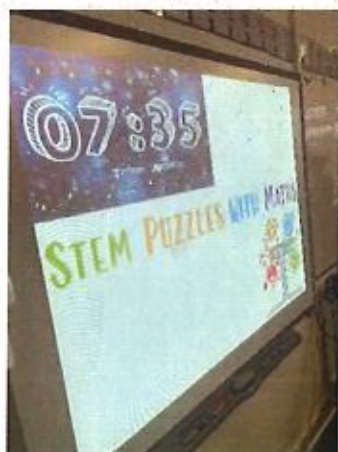
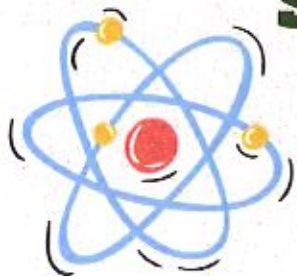


You've all
grown so much,
in height and
in confidence!

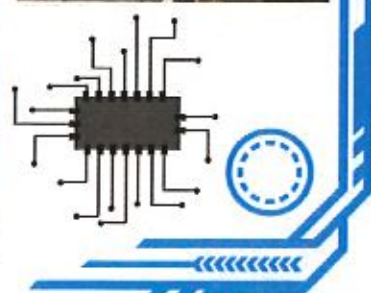
LIBRARY TRIPS & AUTHOR VISITS



STEM PUZZLE DAY



$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$



Year 8 Highlights

ACHIEVEMENT POINTS

Our Year 8 students have been fantastic this year collectively earning over 43800 Achievement Points in their lessons and around school. A huge congratulations to 8B1 for being the highest achieving form with 8664 Achievement points between them!

FORM	TOTALS
8B1	8664
8B2	7562
8C1	5966
8E1	7105
8E2	7486
8L1	7105

At the beginning of the year we celebrated our students achievement from the year before with a trip to Blackwell Adventure where students challenged themselves and pushed themselves to achieve feats they had not dared before! The camaraderie and team workings skills our students demonstrated back in September was impressive, and all students left with a sense of accomplishment.

Because of the success of Blackwells outdoor activities, we recently attended the Challenge Academy in Baggeridge to celebrate our students hard work and resilience. Building on what had been before, the Challenge Academy really tested every student. There are many examples from the day where students really excelled at achieving new things, encouraging their peers and offering support to always aim higher. Firstly we watched

our students navigate and conquer the high ropes course, some 5 to 9 metres in the air, something many people would find daunting. This however, wasn't enough, instructors quickly ramped up the challenge by blindfolding some students tying them to a partner and sending them back out on the course high up in the air! Woodrush students lapped up this challenge and passed with flying colours, a real testament to their resilience and their confidence!

Year 8 have achieved so much this year inside and outside of lessons, really laying the ground work for a confident and enthusiastic start to the next academic year. I wish all of our year 8s an enjoyable Summer Holiday and look forward to welcoming them back in September to begin year 9.

Mr Roberts

**CHALLENGE
ACADEMY**



Year 9 Highlights

Form Group Achievements

Congratulations to 9C1 and Mr Pollard on being top of the leader board!

FORM	TOTALS
9B1	6408
9B2	6195
9C1	7535
9C2	7102
9E1	6371
9E2	6595
9L1	5689
9L2	6767

This year, Year 9 achieved 52,662 achievement points. Well done to all of our year 9 students on this fantastic achievement!

DRAYTON MANOR REWARDS TRIP

160 year 9 students visited Drayton Manor on the last Tuesday of the school year, to celebrate another successful school year. The students behaved fantastically well, and we all enjoyed the day in spite of the weather! It was great fun seeing lots of students conquer their fears to ride Shockwave and we also received compliments from teachers at other schools saying how polite and helpful a number of our students were.

Thanks also to all of the staff who helped the trip run successfully and the students who were great!

TOP ACHIEVERS!

Well done to the following students, you are the top 10 for achievement points this year:

Student	Form group	Achievement points
Zac S	9C1	503
Isobel T	9B1	473
Harry L	9C1	469
Nicole O'D	9B1	463
Leila W	9C1	448
Joshan G	9C1	436
Ethan A	9E1	424
Jessica S	9E2	418
Chloe C	9C1	410
Elsie K	9B2	409

Particularly well done to Zac S on being the top achieving student in year 9, it's an excellent achievement and shows all of your excellent work over the whole year.

ZERO HEROS

Well done to the following students who have not gained a single negative behaviour point over the whole of year 9. This is an incredible achievement.

Fran S, Florence D, Leila W, Maisie D, Alfie W, Jack C, Dexter R, Emily Be, Gaurika N, Emily Br, John W, Elsie K, Dylan M, Jess S, Eva L, Ethan A, Holly L, Harvey D.

Year 10 Highlights

TOP ACHIEVERS!

Congratulations to the top 10 achievers in the year group this year:

Student	Form group	Achievement points
Honey K	10C1	552
Melody W	10L1	430
Mia C	10E1	356
Lily A	10L1	336
Malachi R	10B1	308
Ellis C	10E1	305
Grace S	10C2	303
Alivia L	10C1	300
Charley-Paige S	10C1	291
Alex J	10B1	276

Well done in particular to Honey for receiving over 500 achievement points – a fantastic effort!

Form Group Achievements

Congratulations to the following forms and the top achiever in each form this year:

Form group	Achievement points	Top achiever
10B1	5119	Malachi R
10C1	4292	Honey K
10C2	4363	Grace S
10E1	4930	Mia C
10E2	4560	Melody J
10L1	3998	Melody W

Big well done to 10B1 for the most achievement points as a form this year and everyone who contributed, and all of those students in the top spots for each form.

KENILWORTH CASTLE TRIP

The year 10 History students recently visited Kenilworth Castle to help them prepare for their exams next year. The rain was persistent but this didn't stop them getting a lot from the trip – they did really well and we're calling it 'character building'! A huge thank you to Mr Hammond for organising the trip for the students.



WORK EXPERIENCE

Back in May, the year 10's attended their work experience placements for a week. The students really did us proud and we had so many fantastic comments from employers about the students' hard work, motivation, attitude and resilience. We had some absolutely fantastic feedback from the employers and it was a pleasure to hear the wonderful comments about all our students. Well done every one of you!

Here is some of the brilliant feedback about the students from some of the employers:

"Abi was pushed to different limits and her comfort zone. She is a lovely, polite young lady, and we can't wait for her to join us on Saturdays, she is going to make brilliant team player."

"Darcy was absolutely fantastic, he was on time, very lovely to have around and was incredibly keen, anyone else who is interested in technical theatre then please send them over, we are more than happy to take Darcy on as a volunteer when he is over 16!"

"Will is a helpful young man who fitted in well with residents and staff. He worked with the wellbeing team, getting involved in activities with residents. He supported us in preparations for the homes Open Day on the 27th May. Will is a very well presented and very punctual person. His attendance is excellent and I am sure he will do very well in life and the career pathway he chooses."

"We loved hosting your students. Zac and James were very proactive and eager to learn."

"I had a wonderful week with Skylar she was so lovely and friendly. The staff thought she was great too! She took on every task I gave her and did a fantastic job of them. She was great with the customers and worked so hard! She's just an absolute credit to you!!"

"It's been a pleasure hosting Connor, Mason and Malachi this week. Their behaviour has been a credit to both themselves and the academy!"

"It was a pleasure having Jayden on board. He is a great lad and we have said we would be more than happy for him to help in the school holidays."

"Nicola has exhibited lots of talent this week, but graphical design seems to be her particular passion. We have all really enjoyed having her with us and have been very impressed. She has been prompt, engaged, enthusiastic and confident enough to work with us and colleagues, sometimes quite a few at the same time. Everyone has been impressed with her maturity and the fact that she hasn't just observed, she has had an opinion and offered it up."

"Josh was a real asset in the week he was here, he has a great attitude and work ethic, he is a credit to the school & his parents! Should Josh require any more work experience we'd be more than happy to have him back."

"Harry was a lovely young man, he asked relevant questions and showed an interest in our work, he was well presented and turned up each day on time. Throughout the week we saw Harry grow in confidence and he seemed to enjoy his time here with us."

"Just Thank You :) Lucy was brilliant when attending the setting, especially as we had parents in all week during various times to explore the environment with their child, alongside ducklings hatching and duck events when all families and more were invited into the setting to explore ducks, from hook a duck, racing ducks and having a selfie Lucy communicated and had a willingness to help and support the children, team and families."



Thank you!

MUSIC SUPERSTARS

A big shout out to Darcy D, Malachi R and Lucy J for their amazing talent and hard work in performing in our weekly assemblies and at various school events. This included representing us at the Coppice Summer Revel, where their performance was incredibly well received by the audience. For those of you who have seen them perform, you will know how talented these young people are and their confidence to perform in front of large crowds is admirable. Darcy and Lucy have also been huge help in running the tech at school events and the Drama exams as leaders of our Woodrush Tech Team. Some more shout outs to Lewis H who also organises the tech alongside Darcy and Lucy, and to Joshua C and Mason B who lead the backstage crew.

Thank you to the year 10 form tutor team for all your work and support this year with the students: Miss Hollingworth, Mrs Struczynski, Mrs Bridgen, Ms Passley, Mr Rayner, Mr Holtom, Mr Hammond, Mrs Martin and Mrs Lee. Also a huge thank you to Mr Hardy, Mrs Bishop and Miss Smith on the key stage 4 Team for all their work with the students this year. We are looking forward to Mrs Cooke joining us in year 11 as Assistant Head of Year!

TRIPS

YEAR 8 SPANISH RESTAURANT TRIP

On 16th May, some year 8 students went to Alioli Tapas Restaurant in Touchwood to try some authentic Spanish food. At the restaurant, all students were able to try a couple of tapas dishes which they had pre-ordered from a menu created by the restaurant especially for the trip. They were also able to try some churros for dessert! Whilst we were there, students also practiced using the vocabulary that we have been learning in class as part of the food unit.



THE BIG BIOLOGY QUIZ 2023

On Wednesday 19th June twelve of our most talented year 10 scientists attended Birmingham University to compete in the Big Biology quiz 2023 in three teams. They completed rounds in 'Biology in the news', DNA and inheritance amongst many other topics. They competed against 13 other schools from across the Midlands and over 44 different teams to be crowned winners of the quiz! A massive well done to Zak, Josh, Aiden and Darcy!



RA Summer Exhibition June 23

Yr12 A Level Art students attended the Royal Academy Summer Exhibition in June to witness this years selection of 1600 art pieces created by both professional and amateur artists inspired by the theme 'Only Connect' a quote from Howards End by E.M. Forster.



FIELDWORK TIME AGAIN! - YEAR 12 GEOGRAPHERS AND BIOLOGISTS HEAD TO THE SOUTH COAST

Between April 19th and 21st our Year 12 Geographers and Biologists visited the south coast of Dorset on a residential field trip. Using the Youth Hostel in Swanage as our base, activities included investigating vegetation colonisation along the sand dunes of Studland Bay; beach profile measuring; assessing the effectiveness of coastal defences in Swanage; studying bio-diversity at a Dorset Wildlife Trust meadow and discovering the opinions of local residents regarding the impact tourism has had on Lyme Regis.

Our students fully involved themselves in all aspects of the residential trip, keen to be practicing a number of fieldwork collection techniques that will help prepare them for coursework in Geography and assessed practicals in Biology.

In the evening we spent time walking along the seafront at Swanage and also took a walk out to Old Harry's Rocks, one of the most dramatic landforms on the UK coast. The weather for all three days was excellent and made the addition of an ice-cream or two all the more enjoyable. A tiring, productive and thoroughly worthwhile three days was had by students and staff alike.

Thanks go to Ms Hollingworth, Mrs Bishop and Mr Cooper for their organisation of the trip.



CHINESE NEW YEAR TRIP TO BIRMINGHAM CHINA TOWN

Our Year 7 Mandarin students went to Birmingham's China Town for an authentic Chinese meal to celebrate Chinese New Year. They had opportunities to practice Mandarin in the restaurant and the shops.

To continue with the celebrations, they also had a fantastic KungFu session.



MEP 2023 YEAR 10 SPRING CONFERENCE 'JOURNEY TO THE EAST' AT BIRMINGHAM INTERNATIONAL CONVENTION CENTRE

Our year 10 Mandarin pupils attended an immersive day of culture and language, at the ICC in Birmingham, which involved seminars about Chinese history, politics and culture. They also participated in different workshops and enjoyed an authentic Chinese buffet for lunch. They had a wonderful opportunity to listen to successful Mandarin-learning journeys from people with different job backgrounds. The highlight of the day was when pupils were treated to a short concert by 'Transition' who are a British rock band who combine this rock foundation with Asian rhythm and melody. Their first mandarin song was 'Sorry my Chinese isn't so good' which became an instant YouTube hit. It gathered over a million views and is now an anthem for everyone learning Chinese!



Experiencing the world of work

Our Year 12 Career Ready students have continued to engage with the world of work. In April they had a second mentoring session in school with their employer mentors and many have also visited their mentors' business premises. Some of our students have four week internships arranged with their mentoring company in July and August. Companies offering our students internships this summer include The Phoenix Group, Turner and Townsend, Nat West and Savills.

On Wednesday 7th June all of our Career Ready students had the opportunity to visit The Phoenix Group offices in Wythall. Phoenix have a fabulous office complex in Wythall Green Way, right on the edge of Birmingham. It is an amazing site to work at, surrounded by mature landscaping and green fields. The view from their reflection room made us all envious!



Whilst at Phoenix our students had a tour round the office premises and then listened to a masterclass led by one of the Career Ready staff, all about how to navigate the use of assessment centres in the recruitment process. We took part in some group activities with visiting students from another local school, St. Thomas Aquinas Catholic School, Birmingham, and listened to a presentation from Tom and Eesha, two of Phoenix's current Accountancy and Finance apprentices. Tom is an ex-student of Woodrush Sixth Form and it was fantastic to see how well he is doing on his Phoenix apprenticeship and to hear just how much he values the opportunities that an apprenticeship have brought him.

Mr. Cooper





Voices & Visions –Worcester Cathedral

Some of our Year 9 ceramic work, on display in Worcester Cathedral, as part of the Young Voices New Visions exhibition. The work was on display in The Cloisters until Sunday 2nd July.

The Big Medicine and Health Professions quiz 2023

On Wednesday 14th June Miss Hollingworth and Miss Westwood took 12 year 8 students to the University of Birmingham to participate in the Big Health quiz. Students had to compete against schools from all over the West Midlands in rounds on nursing, dentistry, anatomy, psychology, pharmacy and medical equipment. They also had the opportunity to learn more about careers in the NHS, including what qualifications are needed and different pathways into the different jobs. They also got to visit the new, state of the art Teaching and learning centre and enjoyed their lunch in the beautiful grounds of the university. All students were impeccably behaved and worked really hard to complete all of their questions and compete against some of the most prestigious schools in the area.



Year 11 Art & Photography Exhibition 2023



Last week, saw this years Art & Photography classes of 2023 exhibit their work to staff, family and friends to a resounding success. The exhibition was well attended and received many comments about the skill and quality of the work on show. Well done Year 11!

Woodrush Sixth Transition Day

On Monday 3rd July our Year 11 students who are interested in staying on at Woodrush High School for Sixth Form had the opportunity to come into school for a taster day.

They started off in an assembly with Mrs Ashley, Mr James and Mr Roche. Throughout the day they were able to visit a subject market place and hear about the variety of different subjects on offer, complete challenges and team building activities and get to know more about life at Woodrush Sixth.

We are hopeful to see a lot of our Year 11s returning to Woodrush in September as part of the Sixth Form.



LEVEL UP



On Monday 27th March - year 8 students had the fantastic opportunity to have the guidance of artist Kev F Sutherland as part of their current Heroes and Villains unit. Kev has been writing and drawing comics for everyone from Beano to Marvel, Doctor Who to Viz, Red Dwarf to The Dandy and all points inbetween for years. His first three graphic novels, *Findlay Macbeth*, *The Prince Of Denmark Street*, and *The Midsummer Night's Dream Team* were published in 2020, followed by *Comic Talos From The Bible* in 2022.

During the workshop Kev taught pupils all there is to know about making comic strips and manga. The group has produced a comic containing a strip by every single one of them, plus Kev drew a caricature of every one of them. We look forward to inviting Kev back again next year!

Kev F Sutherland Comic Workshop

Year 11 Highlights

YEAR 11 GCSE EXAMS

The Year 11 Pastoral Team would just like to say a huge **well done** to the Year 11s for finishing their exams.

It was clear to see how much hard work, revision and preparation the students had done, they were absolutely fantastic all the way through the exam process.

We wish you the best of luck for your results in August!



Year 11s Last Day at Woodrush

The 24th May was the Year 11's last day with us at Woodrush High School. The students all sat their English exam in the morning and then spent the afternoon celebrating and saying goodbye to their time at Woodrush.



The students spent time collecting yearbooks, leavers hoodies, taking photos and signing shirts, before heading into their leaver's assembly.

The assembly was a celebration for the students, allowing them to reflect on their time at Woodrush, look back fondly on memories, as well as say goodbye to their form tutors and staff that have taught them over the last 5 years.



The Year 11 Pastoral Team are sad to see the students leave, however, we are incredibly proud of the students and all their hard work and perseverance over the last 5 years. They have had a challenging time at Woodrush with the National Lockdown impacting on their time at school and extracurricular activities.

We wish the Year 11s the best of luck for the future. We know they will go on to do fantastic things, and we can't wait to hear about all their future accomplishments!
They have been an incredible year group and we will miss them a lot next year!

Year 11 Prom

On Wednesday 12th July we had our final celebration and goodbye with the Year 11s. Our Year 11 Prom was held at the Lake at Barston. The students certainly arrived in style! We saw fast cars, a limo, a party bus, an army truck, a buggy, not 1 but 2 tractors and even a HORSE!

All of the students looked incredible! It was amazing to see the students all dressed up! There were some beautiful styles of dresses and some amazing suits!

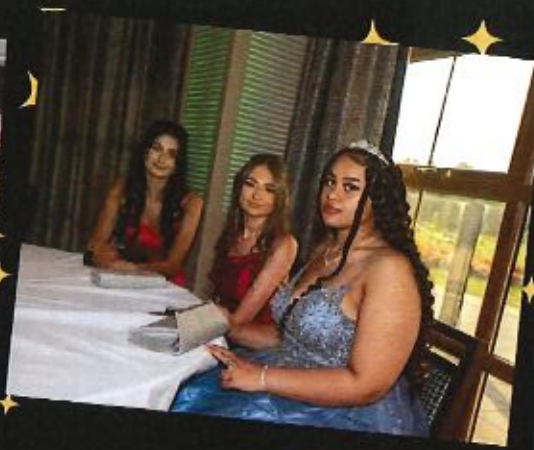
The BBQ buffet was served and the students were able to eat and then head outside for more photos. We were nervous that it was forecast to rain all evening, but we were incredibly happy that the rain stayed away!

The DJ began his set with music selected by the students during form time. As well as this the students were able to use the Mirror Selfie Photobooth and take away a memento of the evening.

At 9pm Miss Capaldi announced our Class of 2023 Prom King and Queen. Prom King was awarded to Harrison Bennett and Prom Queen was awarded to Lily Clark.

It was an incredible evening with students and staff celebrating the end of exams and the end of a 5 year career at Woodrush.





Good Luck Year 11!
See you on results day!

Sixth Form Prom

A Starry and Memorable Sixth Form Prom - 27th June 2023

An amazing Sixth Form Prom took place on Tuesday 27th June. All had a wonderful time, what with gourmet cuisine, dynamic dancing and some reminiscing.

There were speeches, awards and applause and everyone seemed to enjoy the evening. Queen and King of the Prom were awarded to Georgia Harley and Ben Lowe.

All the students outdid themselves with their attire and any one of them could easily have been on the front of Vogue! A special mention to Ellie Wheeler's gorgeous blue gown and Fabio's waistcoat and dancing!

A special thank you to Mrs Ashman, who ensured the evening was great success.

And, last, but not least, thank you to all of our wonderful Year 13. You have been a very special year group and Good Luck in your future endeavours!



Good luck Year 13 we wish you all the success you deserve!

WE WOULD LIKE TO GIVE A SPECIAL THANKYOU TO BRIDAL AND PROM BAR BOUTIQUE FOR ONCE AGAIN SPONSORING SOME BEAUTIFUL OUTFITS FOR OUR STUDENTS



BRIDAL AND PROM BAR

Our prom girls have a room all to themselves with over 500 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, Ruby Prom, Simply Divine, Jora, Selene Couture & Rachel Allen.

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



BREAKING NEWS



HOWMET AEROSPACE FOUNDATION HAS BEEN APPROVED TO OFFER FUNDING FOR DT ENHANCEMENTS FOR THE DEPARTMENT AND OUR STUDENTS!

A huge thank you to Lucy Horsnett, our local Enterprise Advisor, for the support so far this year with our Year 11 Mock Interviews, attending our Careers Fair, organising a workshop for our Year 10 DT students, and guiding us through this application from start to finish. Without her we would not have this.

We're really looking forward to seeing these changes implemented and our ongoing relationship with Howmet over the next academic year.

WOODRUSH SPORTS FESTIVAL



During the last week of term, the PE department hosted a Sports Festival for each year group.

Each year group had a day off timetable where they competed in a variety of different sports in interhouse competitions.

Lesson 2 saw the girls participating in netball and rounders and the boys in football, badminton and rowing. During lesson 3, the girls had the opportunity to compete in badminton, rowing and football and the boys had the option of basketball and softball.

During lesson 4, the last lesson of the day the whole year group spent the lesson on the field either spectating or competing. The students had the opportunity to compete in athletics track events, 100m, 300m, 600m and the 4x100m relay. Following this they could compete in the Tug of War, with the day being rounded off with the football final.

We would like to say a huge thank you to the Sports Forum and all our student volunteers, from the officials and scorers to the tech team. We really appreciate your help, enthusiasm and support.

There were some notable individual and team performances and the PE department are incredibly proud of all the students who participated in events!





Woodrush Training Consortium

As another academic year draws to a close, over in the Woodrush Training Consortium we are extremely proud of this year's trainees and are pleased to say that all of those who have completed the year have been recommended for QTS. A huge thank you to our ITT Subject Mentors and all staff involved in the support and development of our trainees, we really couldn't do it without you.

In June we hosted our annual Woodrush Training Consortium celebration, recognising the effort and achievements of our ITTs. The sun shone whilst trainees enjoyed a range of talks and tasks from various members of the consortium, and a special visit from some of the previous year's trainees. We then all tucked into a tasty buffet lunch before a formal certificate presentation hosted by Jay Barber and of course a (non-alcoholic) toast!



Congratulations to our year 1 ECTs for completing their first year of teaching and our year 2 ECTs for completing the full ECT induction programme.

We hope you all have a lovely summer holiday and look forward to working with you next year. To staff who are moving on, we wish you all the best in your future careers.

Train to Teach

"Discover your potential, be their inspiration."

Woodrush Training Consortium

trainingconsortium@woodrush.org

Welcome

We would like to wish a very warm welcome to our new cohort of trainees starting with us in September! We can't wait to get started!

**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

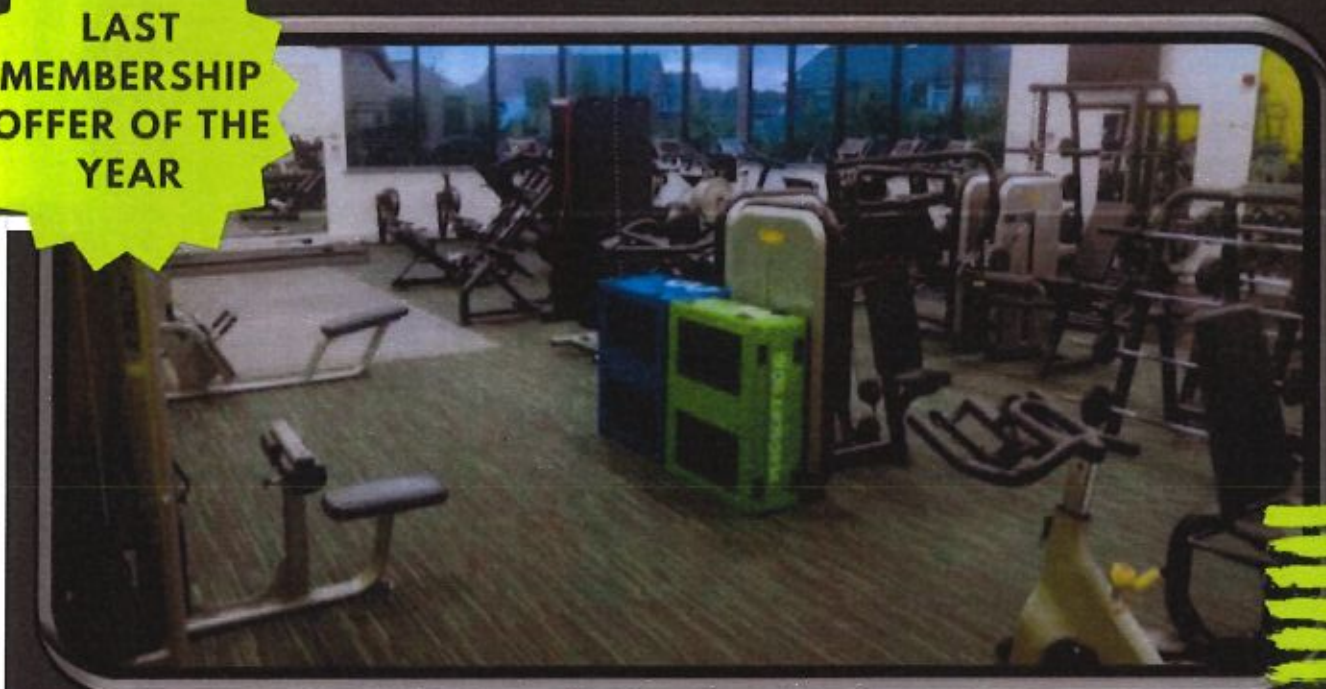


RUSH
ACTIVE
GYM

SUMMER MEMBERSHIP OFFER

3 MONTHS MEMBERSHIP FOR £60

LAST
MEMBERSHIP
OFFER OF THE
YEAR



OFFER ONLY AVAILABLE 24/07/23 - 30/07/23

UPFRONT PAYMENT REQUIRED

ALL CLASSES AND GYM ACCESS INCLUDED

NEW LES MILLS CLASS RELEASE

10TH JULY ONWARDS

BODY PUMP
GRIT
BODY BALANCE

LES MILLS

Fitness Classes Timetable

Summer 2023



RUSH
ACTIVE
GYM

LES MILLS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:05am-9:50am Body Pump (Annie)	9:10am-9:55am Spin (Annie)	9:10am-9:55am HIIT Circuits (Annie)	8:50am-9:00am GRIT (Andrew)	9:10am-9:55am Spin & Weights (Iva)	9:10am-9:55am Weights (Annie)	9:15am-10:00am Pilates (Angelina)
12:30pm-1:15pm Fitness Friendlies All-Round Fitness (Annie)	9:55am-10:25am Abs & Core (Annie)		9:05am-9:50am Body Pump (Andrew)	10:00am-10:30am Legs, Bums & Tums (Iva)		
1:20pm-1:50pm Fitness Friendlies Chair-Based Stretch (Annie)	12:30pm-1:15pm Fitness Friendlies BootFit (Lisa)		11am-11:45am Fitness Friendlies Dance Fitness (Lisa)	10:35am-11:20am Body Balance (Iva)		
5:20pm-6:05pm Slow-Flow Yoga (Jacky)	1:20pm-2:00pm Fitness Friendlies Chair-Based Exercise (Lisa)		11:50am-12:20pm Fitness Friendlies Relaxing Stretch (Lisa)	12:30pm-2:00pm Fitness Friendlies Line Dancing (Emma)		
6:15pm-6:45pm GRIT (Iva)	5:30pm-6:00pm Spin (Lisa)	5:30pm-6:15pm Body Pump (Matt)	5:15pm-5:45pm Spin (Rose)	6:00pm-6:45pm Relaxation Yoga (Jacky/Rose)		
6:45pm-7:30pm Legs, Bums & Tums (Iva)	6:15pm-7:00pm Body Pump (Iva)	6:30pm-7:15pm Pilates (Angelina)	6:00pm-6:45pm Weights (Rose)			
	7:05pm-7:50pm Body Balance (Iva)	7:30pm-8:15pm Dance Combat (Lisa)	7:00pm-7:45pm Pilates (Rose)			

