



James and the Giant Peach

Many, many hours of planning, hard work and rehearsals came to fruition at the end of term with the staging of this year's production 'James and the Giant Peach'.

A collaboration between the Drama Department, Music Department and with contributors from all over the school community it was a huge undertaking to plan a record-breaking run of three shows over three days.

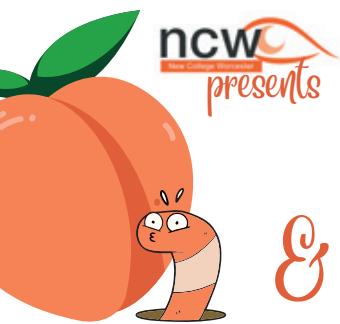
Following an all-morning dress rehearsal, the first audience to take their seats were from a local primary school, who absolutely loved it. With one show under their belts the cast were more than

ready for the VIP evening and a final morning show to share with parents and families.

Once VIP audience member said this:

"Please pass on our thanks and compliments to all of the adults and pupils who contributed to this evening's successful 'James and the Giant Peach' Production. My husband and I loved the confident, amusing and entertaining show."

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James & the Giant Peach

"The Giant Peach travellers were a lively, watchable and dare I say a 'cute bunch'. Insects, humans and tech crew contributed to a marvellous night's entertainment. The delivery, camaraderie and mutual support shown by all participants suggested that there was a high level of enjoyment and commitment. Their performance was infectious. Well done on stage and off stage!

The actors wore wonderful costumes absolutely befitting the characters. Nobody was confused as to who was who. The appropriate, predominantly black and orange character costumes enhanced the aesthetic appeal. The splash of colour, addition of wings, legs and headwear left us in no doubt as to the role being played by a cast who demonstrated good enunciation and volume.

Everyone should be very proud of Tuesday night's show which was engaging and polished. I have high regard for the thorough preparation which must have gone on to ensure the night's smooth running."

We couldn't have said it better ourselves! Well done to everyone!





Musical Theatre Magic!

What a wonderful event it was! Family, friends, students and staff gathered together for the first NCW Musical Theatre Concert, staged by staff and students from Musical Theatre Club.

With the Chapel and Library set up 'cabaret style' the stage was set, the sparkly silver accessories were donned and the voices were warmed up ready to go.

The concert featured a host of

songs across myriad musicals – from 'Cabaret' to 'Shrek' and 'Les Misérables' to 'Matilda' – with everything in between!

The programme included 'I'm a Believer' from 'Shrek the Musical', 'When I Grow Up' from 'Matilda', 'So Long, Farewell' from 'The Sound of Music', 'The Worst Pies In London' from 'Sweeney Todd', 'Waving Through a Window' from 'Dear Evan Hansen' and 'Maybe This Time' from 'Cabaret'.

Performers of the day were Ellie, George W, Natalie A, Maxwell, Kacey, Roman, Len, George C, Phoebe, Khadijah and Ram from the lower school and Samih, Klara, Kaeden, Daniel, Lydia, Isy K, Rahel, Amy, Isobel H and Cody from upper school.

Supporting the students (and also singing and playing their own hearts out) were Mrs Blake, Mrs Rosoman, Mrs Moore and, of course, the inimitable MR PAINTER!



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Triathlon Trials!

Senior students Ollie and Thomas put staff and fellow students through their paces recently at an all day indoor triathlon which they organised as part of their BTEC Sport Level 2 course.

The remit was to organise and run a sporting event, including the publicity, format, participants and the order of the day.

Setting up in the Fit4Purpose multigym those taking part were taken through a warm up by Ollie and Thomas before competing in teams on bikes, rowing machines and running machines. A much needed cool down followed!

Times were logged by the scorer (also recruited by the boys) so the results could be analysed and the winners identified.

It was a great atmosphere with motivational music, shouts of encouragement and some high octane physical effort from the athletes.

Ollie said "Motivation is key! It's going really well and I've really enjoyed it"

Thomas said "It's going pretty well, everyone has tried their hardest. I was very nervous but it's going really well and I think we have organised it well!"

Well done, Ollie and Tom, great work!



Profile of a Serial Killer!

Some of our Key Stage 5 students attended a lecture at Christopher Whitehead Language College this term, focusing on the Psychology of committing crimes.

'The Myth of Serial Killer Profiling' was so interesting, our students (and staff) were hanging onto Professor Craig Jackson's every word as he took us step by step through the most famous cases he'd worked on. Professor Craig Jackson had students even assessing themselves, by

considering the bias and presumed assumptions of criminals. Did they fit the profile?

Debunking these myths of fiction and reality was an eye opener to the reality we face in the world of crime. Our students could not stop discussing this event all the way back to school, and are excited for the next lecture!

Thanks to Christopher Whitehead Language College for hosting such a fascinating event.



Super Powered Panto



**A Review
by Amelie**

On Tuesday 7 March year 9 went to see Super Power Panto at The Courtyard Theatre in Hereford. We are all vision impaired or blind. I am VI so I could see what actors were doing.

I think that the play was very good for VI or blind people; it was interactive and had good in-play audio description. It says on the description that some of the actors are VI as well. The main character in the play was VI which made the story inclusive and interesting.

I think that the storyline was very nice and sweet. The main character is a blind girl – called Sally – who could use echo location to explore her surroundings. There are a group of rich boys who have items that give

them superpowers, they bully Sally for her blindness. This makes Sally feel less confident and nervous. The play can get emotional and touching. It gives a lovely message for you to leave the theatre with.

In several parts of the play the actors would ask you to do or say something which gave a nice pantomime theme as well. We were at the top of the age range but never the less most of us really enjoyed watching/listening to it.

Extant is the UK's leading professional performing arts company of visually impaired artists and theatre practitioners, producing touring productions and delivering training regionally and internationally.

You can find out more at www.extant.org.uk



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Meet Rahel the Masseur!



Article written by student Emma, currently doing Work Experience in the NCW Marketing Department

I interviewed Rahel about her massage course and this is what I found out!

Rahel is originally from Indonesia where massaging is very popular. This term Rahel has been on an introductory massage course in a massage therapy centre where she learnt how to do a full body massage over the time that she was there. She did four workshops a day and enjoyed it a lot.

She learnt different techniques for applying pressure to someone's body. For doing a light massage, she has to do some holding on the body. Then she has to do something called an effleurage, which is where she has to do broad strokes slowly down the body with her hands. She also learnt how to do a medium pressured massage which she found harder to do using her finger knuckles and heels of her hands.

She also learnt that for a deep massage you

have to use your elbows to help apply that pressure. She also learnt she has to use her whole body, move around and bend her knees, to avoid injury to herself.

Every Wednesday afternoon, she goes to a care home near NCW called Crookbarrow View Retirement Village to practise massages on the elderly people that live there. She also offers hand massages to the students and staff at NCW on a Monday and a Friday.

In the future, Rahel would like to run a massage course either from home or in a therapist centre. Moving on from NCW, Rahel is going to apply to do a massage course at RNC (Royal National College for the blind) in Hereford where she will learn more about massage theory.



British Schools Judo Championship

This term Blue Belt Judo enthusiast Rico attended the British Judo Schools Championship in Sheffield to compete against athletes from other schools across the country.

Of his five fights, Rico won two and lost three being placed fourth in his group which was the adaptive and VI section, meaning opponents he was fighting against may

not have been vision impaired themselves.

He was particularly proud to represent NCW and very pleased about throwing one of his opponents in less than 10 seconds and getting out of some high level holds.

Rico has progressed from the NCW after school Judo Club and now trains twice a week at Worcester Judo Club.

Well done Rico!



Ski Trip



Written by Sixth Form student, Emma who is doing her work experience in the Marketing Department

We were all very excited about flying to Italy on the ski trip which was from a Monday to a Saturday at the end of February.

The students were Stan, Ilya, Emma, Amelie, Louisa, Lawson, William, Noah and me. The staff were Julie, Megan, Phil, Mrs Price and Mr Fogg. We left NCW at 8.30am in the morning arriving at Gatwick airport at around lunchtime in good time for check in. We had special assistance the whole way through the airport and trolleys for our massive, heavy skiing bags.

Our flight was just over two hours with a one hour time difference ahead of the UK. We landed in Italy at around 7pm Italian time and got special assistance there

through immigration and to the baggage hall. We were able to skip the queue at immigration because we had special assistance and got through to the baggage hall quickly. We then took a private bus transfer for an hour and 15 minutes to our hotel arriving at around 9pm. We had dinner and went up to our rooms to bed.

On Tuesday, we were up at 7am to meet in reception and wait for the bus to take us up to the mountains. When we got up to the mountains, we had to put on all of our ski gear. We had to wear ski boots, a ski helmet and a ski school vest jacket. In the morning, the instructors were seeing what we could all do on the ice. In the afternoon, we went off separately with an instructor. We skied from 10.30am until 1pm, had lunch in a restaurant which was on the slopes and skied again in the afternoon until 4pm.

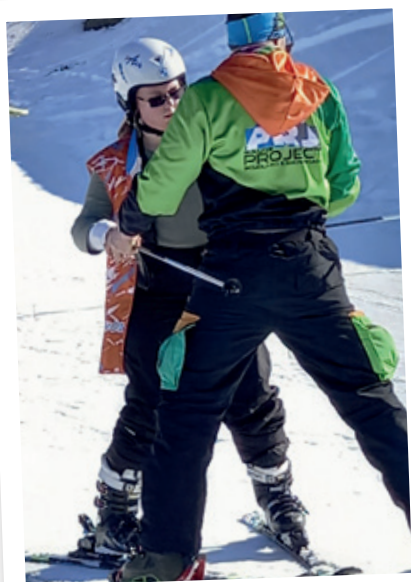
In the evening, back at the hotel, we could have showers and relax until dinner. On Wednesday, Thursday and Friday, we could also go into a mini spa which was in the hotel. There was a sauna and a hot tub!

On Friday, we sadly had to pack our things in order to come home. On Saturday, we started the journey early in the morning.



Because we had special assistance, we were able to wait in a lounge until we were able to check in. We checked in at 10am and our flight had already been delayed by 20 minutes! We went for lunch and eventually started boarding. However, not all the bags were on the plane yet, so our flight was pushed back by half an hour. The plane then lost its time slot to leave and so we had to wait another half an hour in order to leave the country!

I had an amazing time and I really enjoyed myself, however, I actually wouldn't choose to go again. The most difficult part of the trip was the skiing. This is because you have to keep your legs in the same position for a long period of time and make sure that you stretch them far enough in order to control your speed. You also have to have the right pressure with your feet when turning otherwise you can't control yourself very easily either. Even though I was scared to do it, the best thing on the trip was going up on the chair lift up to the mountains. I really enjoyed doing this but I didn't enjoy skiing down the mountain afterwards as much!



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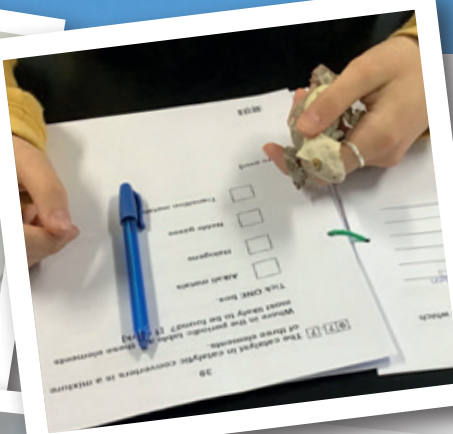
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Fearless Fundraising

Remember if you would like to take on a challenge to raise money for NCW you can find ideas on our website! If you fancy fee-falling from 10,000ft at 120 mph in a tandem skydive, trekking Mount Snowdon at night or embarking on a more gentle Blindfold Mile – simply get in touch. Contact us on fundraising@ncw.co.uk to find out how you can get involved.



NCW Pets!


Last week Layla the gecko went on a tour of the science lab. She met Brownie the Guinea Pig and Bob the Skeleton, then helped the year 11s with some chemistry! Having pets at school is a great way for Students to engage with animals, find out all about them and learn how to look after them. They're also great fun!



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