
Brockwood Park School

March/April Newsletter



"It is very important for each one of us to find out what his relationship is with society, whether it is based on greed - which means self-extension, self-fulfilment, in which is implied power, position, authority - or if one merely accepts from society such essentials as food, clothing and shelter. If your relationship is one of need and not of greed, then you will find the right means of livelihood wherever you are, even when society is corrupt. So, as the present society is disintegrating very rapidly, one has to find out; and those whose relationship is one of need only, will create a new culture, they will be the nucleus of society in which the necessities of life are equitably distributed and are not used as a means of self-extension. As long as society remains for you as a means of self-extension, there must be a craving for power, and it is power that creates a society of classes divided as the high and the low, the rich and the poor, the man who has and the man who has not, the literate and the illiterate, each struggling with the other, all based on acquisitiveness and not on need. It is acquisitiveness which gives power, position and prestige, and as long as that exists, your relationship with society must be a wrong means of livelihood. There can be right means of livelihood when you look to society only for your needs - and then your relationship with society is very simple. Simplicity is not the 'more', nor is it the putting on of a loin cloth and renouncing the world. Merely limiting yourself to a few things is not simplicity. Simplicity of the mind is essential, and that simplicity of the mind cannot exist if the mind is used for self-extension, self-fulfilment, whether that self-fulfilment comes through the pursuit of God, of knowledge, of money, property or position. The mind that is seeking God is not a simple mind, for its God is its own projection. The simple man is he who sees exactly what is and understands it - he does not demand anything more. Such a mind is content, it understands what is - which does not mean accepting society as it is, with its exploitation, classes, wars, and so on. But a mind that sees and understands what is, and therefore acts, such a mind has few needs, it is very simple, quiet; and it is only when the mind is quiet that it can receive the eternal."

J. Krishnamurti Poona India 8th Public Talk, 17th October, 1948

Inquiry Time



March 13th. How does education impact us and how do we impact education?

It was organised by students and they invited students from other schools to participate. Eventually four students and a teacher from Bedales came. What is the role of a teacher or a student in education? The word education comes from the Latin 'educare' which means to draw out. This definition if clearly understood can have a great impact on the way education goes. It changes the dynamics in the classroom and the traditional roles of students and teachers.

March 20th. Clothing - Meher

One student introduced the topic and we split into small groups. Living together with different cultures and what does it affect out clothing?

March 27th. Anxiety and stress

The previous day to the Inquiry Time, we had a presentation for the whole school by a phycologist on anxiety and stress, illnesses of modern life. The next day we had a dialogue about the topic in small groups. Why is there so much anxiety and stress in our lives? Some of the points made were that the world is highly competitive and the future looks bleak. This generates a feeling of not being in control which can lead to anxiety and stress. The pressure to succeed comes from the system, one's own desires and family which also leads to these feelings. Can we by understanding all this become free from these feelings?

April 3rd. The role of boundaries while growing up

The whole school had a dialogue introduced by staff on the topic. Do we need to push the boundaries to grow up? What is the difference between conformity and acceptance? Is there a difference between outer and inner rebellion? What do we rebel against? Are we just going along? What is the true spirit of rebellion? We seem to get comfortably numb and only rebel against unimportant aspects of our lives. It is important to rebel in a healthy manner. The true spirit of rebellion is very important because it can have the seed of freedom.

March/April Events and Happenings

01/03: Elective Art: Elective Art students started to make a tangible sample or a photoshopped model of their idea. They were then given homework to write up a formal proposal with a list of headings (such as description of site, justification, health and safety, budget) to be discussed with Antonio (principal) to see if their sculpture can be made in actuality.

04/03: Core Art: - Charlene came in to share her expertise with students on the pottery wheel, as part of this term's 3D making module.

04/03: Elective Humanities: Looking at 'How did China come to be ruled by foreign powers during the Opium Wars?' a significant colonial history topic. The class have been divided into two groups and they will debate from the Chinese perspective and the British.

04/03: History A2: Studying the independence movements fighting against the British Empire across India, Middle East and Asia. Creating colourful timelines to help consolidate the key points of the topic.

04/03: History AS: Discovering the key features of the Tennis Court Oath during the early years of the French Revolution.

05/03: Chemistry AS and A2: The Chemistry and Physics students visited the Nuclear Magnetic Resonance and Mass Spectrometry labs at Southampton University. We were very well looked after by Dr Neil Wells who gave a detailed demonstration of the equipment he runs and he also gave us some wonderful data which we can use to dive deeper into some detailed science back at Brockwood.

05/03: Core Science: An introduction to cells: Students studied the differences between animal, plant and bacterial cells as well as looking at a range of different electron microscopes which can be used to view ultra-structure

06/03: BOOK CLUB: The book club met one day before World Book Day (Which is celebrated in the rest of the world on April 23, St. George's Day) to pick up the new book they were going to read. The meeting turned into a spontaneous discussion on various topics and brainstorming about what to do on other book club sessions. Then each attendee left with a copy of Mildred D. Taylor's "Roll of Thunder Hear My Cry", asking the question 'Why is the land so important to Cassie's family?' The book follows the events of one turbulent year, the year of the 'night riders' and 'the burnings' and explores race relations during the Great Depression.

07/03: Elective Science: Measuring the size of cell drawings: We studied the relationship between image size, actual size and magnification when drawing cells and worked through a range of examples. We also studied a range of key definitions that overview the study of Biology.

08/03: Elective Art: Students finish their sample/model and also their proposals. Some students have chosen to continue this project for the rest of the term.

09/03: Saturday: Gary Primrose, one of Brockwood's trustees, gave a workshop on Education and Ecology which all staff and some students participated in.



11/03: Core Art: Ana came in to share her expertise in spoon-carving with half of the Core art students, as part of this term's 3D making module. The others continue with their pottery and personal projects.



11/03: Elective Humanities: Class Debate!

11/03: Chemistry A2: How much charge is there on one mole of electrons? Using the electrolysis of sulphuric acid, we measured the rate of evolution of hydrogen gas at a fixed current. Using $Q=It$ and the half equation at the cathode, we could then calculate the exact charge on a mole of electrons in Coulombs per mole, also known as the Faraday Constant. We also did the suqeeq pop test on the evolved hydrogen!

11/03- 14/03: Chemistry AS: Working through a range of tests for anions and cations, we worked through safe selection of salts and consequent testing with aqueous NaOH and NH₃ to give a range of coloured precipitates of varying degrees of solubility which identify the ions within.

11/03: History A2: Studying maps and using them to add detail and clarity to the reasons associated with the decolonisation of the British Empire, especially in Africa.

11/03: History AS: Studying the attempts of the French to build a Constitutional monarchy from 1789.

12/03: Core Science: Can I see my own Cells?: Students learnt how to use light microscopes and viewed their own cheek cells which they also dyed with Methylene Blue to highlight genetic material. We also studied the various organelles of the cell with the help of the cell song!

13/03: Brockwood's Leavers prepare for their end-of-year Leavers Hike by learning navigation skills with Tom, Olya and Dolf.



13/03: KEW GARDENS TRIP: Students who are particularly interested in plants and drawing came on the trip, and thoroughly enjoyed the experience, despite the intermittent down-pour of rain!



14/03: Core Health and Movement: Over the last two weeks, the Core Health & Movement class has been researching the topic of sleep, learning about the mechanisms that make us sleep (circadian rhythms and adenosine build up in the brain), the effects of sleep deprivation on the human body and mind and what makes up a good sleep hygiene. Students and teacher Thomas also all filled out a sleep diary every morning and night as an easy way to track one's own sleep patterns and help identify potential disturbing factors such as eating or exercising too late or exposure to blue light (smartphones, computers) at night.

14/03: Elective Science: What's the concentration of cell cytoplasm?: Using serial dilutions, we prepared a range of different concentrations of sucrose and prepared red onion slides immersed in the range of prepared solutions. Studying which cells plasmolysed and which didn't we could estimate the concentration of cytoplasm in the cells. Some students also extended this idea and prepared potato chips which, when immersed in different concentration solutions either grew or shrunk.

15/03: Core Humanities:

Students present their own projects to the class. As a group we help them to see how they might develop them further by asking questions.

15/03: GIRLS NIGHT 7.30pm - 10pm, Drawing Room: Jane Legg from The Red School was invited to hold an evening with the girls to talk about the natural rhythms of the Menstrual Cycle. The evening was filled with fun and laughter and games as well as going into questions concerning our relationship with our bodies and how the cycle

effects our moods at different times in the month.



16th March - OPEN DAY

Open Day at Brockwood Park saw a record-breaking 105 RSVPs arrive to explore our unique school, before we had to cease taking RSVP's. Our next Open Morning is on May 11th.



18/03: Elective Humanities: Starting to study how China itself could now be seen as a Neo-Colonial power by looking at its impact in Africa. Looking to newspaper articles to investigate current affairs on this topic.

18/03: History AS: Preparing for a trip to the British Library so that the students can work on their coursework for History.

18/03: History A2: Studying the Suez Crisis of 1956 and how this could be seen as a turning point in the process of decolonisation of the British Empire.

19/03: Core Science: Plasmolysis and Turgor: We began by preparing red onion epidermis slides but then added pure water to one and saturated sucrose solution to the other. The cells bathed in sucrose plasmolysed and we discussed what could be causing this including a lively discussion about diffusion, osmosis and active transport.

19/03: Elective Art: Some Elective art students come to help make the armature for making clay busts in the woodwork barn. Friday 22nd - We start our clay busts by first closely observing the form and mass of the skull. We examine our own head, pass around the plastic skull, and have a model in the centre of our ring of tables.

21/03: Elective Science: How does my heart work?: We learnt about the heart, its structure, how blood is moved around the body of animals and how the electrical impulses travel through the tissue controlling the wave of depolarisation and thus rhythm of the heart beat.

22/03: Core Humanities: The topic of Superpowers is being studied. Considering up and coming Superpowers such as China and India and thinking about the key features that would define them as a Superpower.

21/03 - 04/04: Core Health and Movement: The last topic of the term in Core Health & Movement was drugs, alcohol and addiction in general. The class looked at and questioned the role of music and popular media in promoting drug use among the public by listening to and analysing Macklemore's song "Otherside" which talks about the current cough syrup epidemic in the US and around the world. The class also investigated a number of (illicit) drugs and their ill-effects on the body. In the second class, the group looked at and discussed the topic of addiction and what makes people more or less susceptible to addictive behaviour. At the end of the lesson, the class watched a fascinating TED talk on addiction by Canadian based psychiatrist Gabor Maté.

23/03: Spring Party

24/03: Concert by Ivan (student) and his friends from Mallorca

25/03: Sustainable Fashion: Students met with Manasi to work and finalize idea's for Brockwood's 50th Reunion memorabilia project. We looked at possible products and weighed up the pro's and con's for each before finalizing some of the items.

25/03: Core Art students experiment with mixed media sculptural construction, working with plaster bandage, wire, rubber, sand, cardboard, and anything we could get our hands on!

25/03: Elective Humanities: Looking in greater depth at Chinas role in many African countries economies and the motives and reasons behind this. Also considering how this impact on global politics.

25/03: Chemistry A2: Creating a reversible reaction with a clear tipping point: With the help of Luna and Alisya from Oak Grove, we calculated and then prepared the appropriate concentrations to perform the Iodine Clock reaction. After the swing point, we added sodium thiosulfate to push the reaction back and watched over time how the reaction took place a second time.

25/03: Chemistry AS: A practice Paper 3: Timed practice of a practical exam. The question posed the interesting challenge of using titration of an unknown concentration of copper ions against a known concentration of iodine molecules to calculate the concentration of the copper solution.

26/3: Core Science: What is Life? We identified 8 key definitions and core ideas around the study of Biology and then used a video, discussion and journaling to inquire into this question.

26/03: Elective Science: Project session 1: Students worked to develop questions for their own self-directed projects and did some background research on how to answer the questions that interested them.

29/03: Elective Art: Clay heads activities continues, now working on the middle phase of building the muscle and tissue, and the softer, rounder features of the head and shoulders. We take self-portrait photographs from all angles and start understanding the relationships between features. Constantly the heads are turned from side to side. At this stage many students found it most helpful to work on the face from the side profile to get the proportions, angles and mass of the nose, forehead and lips.



28/03: The Core Health & Movement class met on the grass patch in the pavilions courtyard and explored different forms of locomotion (from simple contralateral walking to ipsilateral crawling patterns on all fours and complicated mixed coordination patterns using both hands and feet) as well as exercises from gymnastics and parkour for safe landing and rolling on the floor after a fall or jump. Falling is one of the leading causes of disability and death in later stages of life, but learning good falling and rolling mechanics can be helpful at any age to prevent pain and injury from accidents or unintended falls.

29/03: In the last two weeks, the **Elective Health & Movement** class explored the topic of balance. Meeting in the pavilions courtyard where a long slackline is fixed between both sides of the pavilions, the class first briefly looked at the main mechanisms in the body that play a role in the ability to balance, namely the vestibular system in the inner ear, vision as well as proprioception, before exploring the topic practically with a variety of exercises. Balance was challenged by closing the eyes and moving while standing on one leg, by the interaction with a partner and by using tools such as balance beams, parallettes and the slackline which make it difficult to keep one's centre of mass balanced by reducing the base of support and reducing stability. Skills such as crawling patterns, the tripod transition, spins and balancing objects such as sticks or balls were subsequently practiced and in the following days and weeks, the slackline in the pavilions courtyard was well visited even outside class time

01/04: The **Global Issues** class organised a "TED talk" style evening in the Drawing Room in which students and teachers presented the different topics and questions they had been researching in the five weeks leading up to the event. The evening was well attended by students, staff, TAs and MS as well as guests and the many interesting topics that were presented (sustainable fashion, gender identity, degrowth, ecotourism in Tulum (Mexico), universal basic income and artificial intelligence & driverless cars) sparked many questions and short discussions among the attendees.

01/04: Elective Science: Project session 2: Preliminary investigations and challenges!

01/04: Core Art: The next half of Core Art students get to carve wood with Ana. The others join in with sanding their spoons, or work on their personal projects.



04/04: History AS: DAY TRIP with the AS and A2 History students to The British Library. In preparation for their A-Level coursework, the students and I spent the day making the most of the incredible archives available at the British Library in London. The history coursework encourages a sense of independent, self-motivated learning. The students have all selected topics that they are personally interested in and they appreciated the opportunity to hunt for relevant sources to support them in their investigations. There was also the opportunity to visit a fascinating exhibition which showed a selection of significant literary artefacts from the British Library's collection. This ranged from one of only four remaining copies of the Magna Carta from 1215, to letters from Gandhi to Hitler just before the beginning of World War Two.



05/04: Elective Art: The last session of the Clay Bust activity. This stage is about the detail, building the hair, the eyelids and eyebrows, the individual characteristics. Some chose to turn their bust into a wildly imaginative character. Others left the beautiful simplicity of a hand moulded human form speak for itself. The students were given an assignment for the Spring Break. Each was given a different 'ism' from art on the timeline, to write 800 words and present it to the group when we get back.

05/04: Elective Health and Movement: In the last class of the term, students Vincent

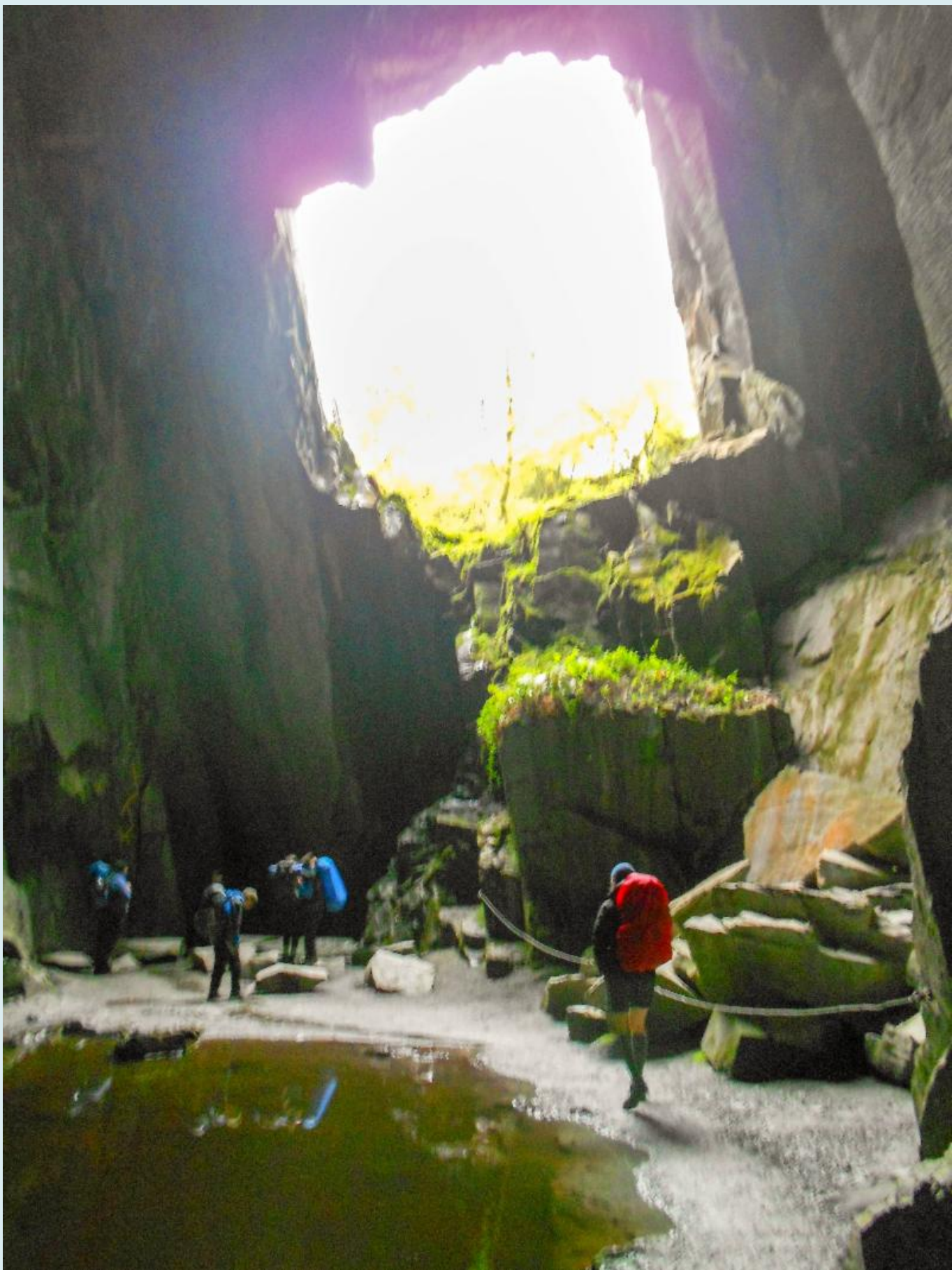
and Joiya shared with the class the investigations they had done in the project part of their Health & Movement work over the course of the year. Joiya looked at the topic of pain and questions such as "how is it possible that some people feel pain even though there is no detectable tissue damage in their body?" and "why do others not feel pain even though they are severely injured?" and started giving the class an idea about the fascinating world of the nervous system and its role in pain. Vincent shared about his studies of the A Level in Physical Education which included anatomy and physiology as well as theories on learning and skill development in sports.

SPRING BREAK

21/04 - 28/04: STUDY WEEK

22/04- 27/04: MOUNTAIN HIKE: A group of students and staff went to the Lake District for a hiking trip. A lucky number of thirteen travelled north and had their base camp at Yewfield, a local B&B owned by Derek Hook, one of our Trustees. Together with former staff members Gary Primrose, also a current Trustee, and Christina, the group was welcomed in the Lakes before heading off to one of the wildest areas in the UK. From Yewfield the group set off to explore the local fells and have three nights of wild camping. This implied carrying all the food, tents and necessary gear to be self-sufficient for this period. During the trip the group had the opportunity to camp surrounded by mountains and well secluded in a forest by an old quarry. We climbed steep hills, woke up in the clouds at 700m and manage to return to Yewfield after a three hours of walking in the rain. The general feeling was unanimous: what a great trip!





28/04: ALL STUDENTS RETURN

29/04: Core Science: The net of life - How do living creatures fit together in their interactions on earth? What is the effect of changes in one species on the other species which they are interconnected with? How do we measure the variety of life on earth in different habitats? We spent this session outside collecting data from quadrats in both an un-grazed and a grazed habitat, taking note of plant species richness and abundance.

There are too many happenings in Brockwood to list but we hope that you enjoyed our snapshot.

Videos

Behind the Image: Photography Project at Brockwood

Brockwood Park photography students reveal the stories behind some of their photographs through intimate, poetic recordings.

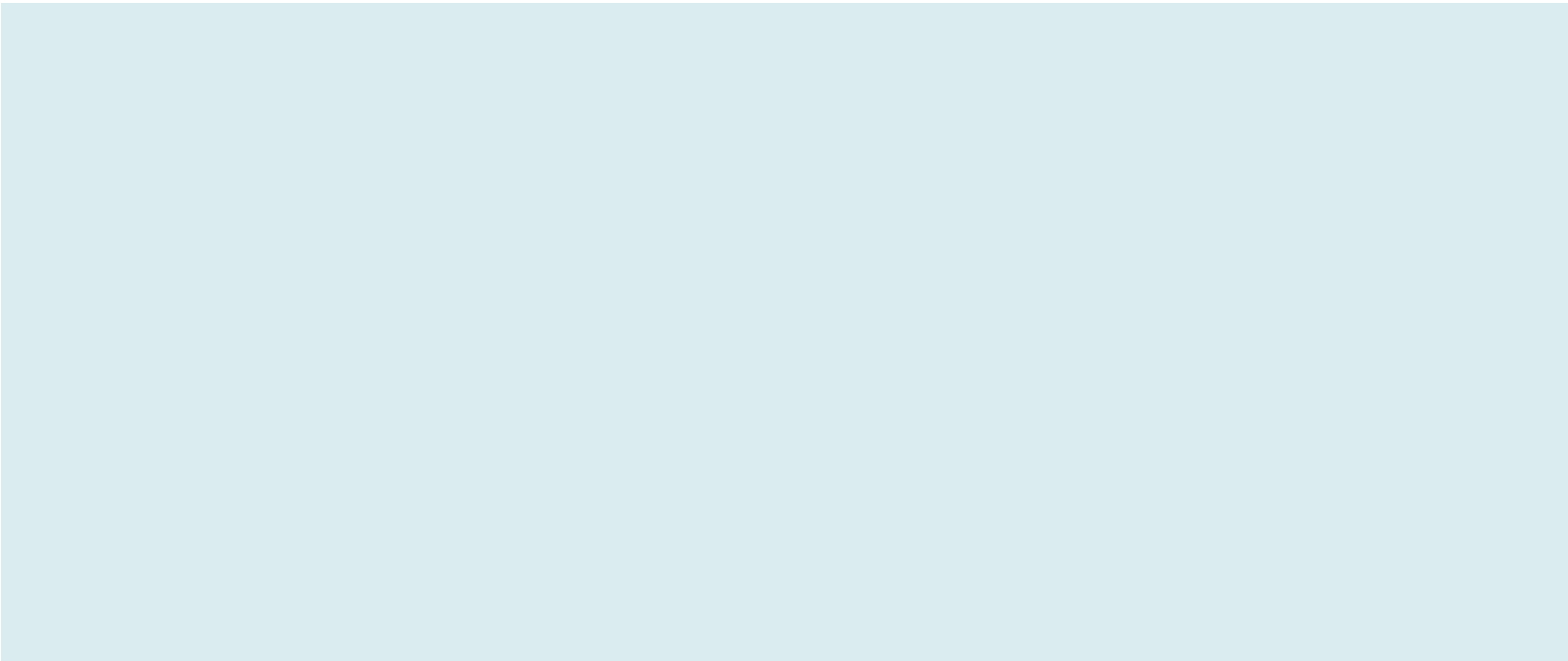


How we Started our Day Together

Each Tuesday we begin the day with music. Often it is live. On this March morning a staff member shares her harp playing with us.



School Gallery





Student Anastasia, enjoys the aroma from the newly bloomed magnolias while on a trip to the London's Royal Botanic Gardens, Kew.



Tara setting up her portfolio and artwork in the conservatory to be displayed in a presentation faire.



Jonathan and Robert crafting and sculpting objects using a variety of materials during their Core Art morning session in the art barn.



Another studios Sunday afternoon for some at Brockwood



Annika describing the process of building her ballet bar during the project faire presentation.



Ainara, Yoel, Kai-Song, Johnny and Merlin perform a skit during an evening of project presentations.



Staff member Stanley sharing a moth pupae to a group of students during a morning session of Human Ecology.



During the project faire presentation, Nils and Indira hop on a Yamaha bike that student Alex Lopez has been tinkering with and attempting to repair.



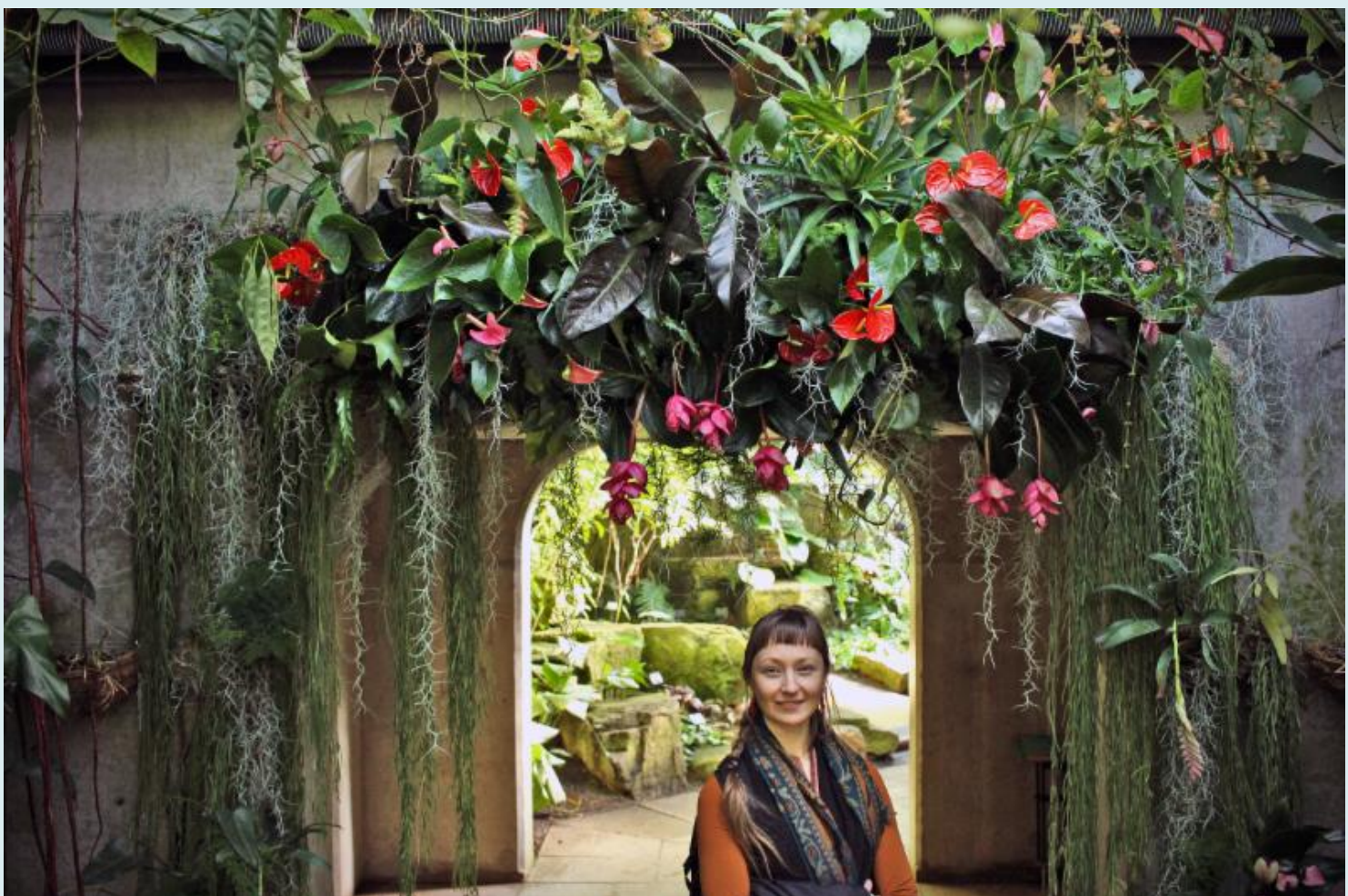
A project presentation by Luara introduced us to the concept of progressive utilisation, which she has been researching in this last term.



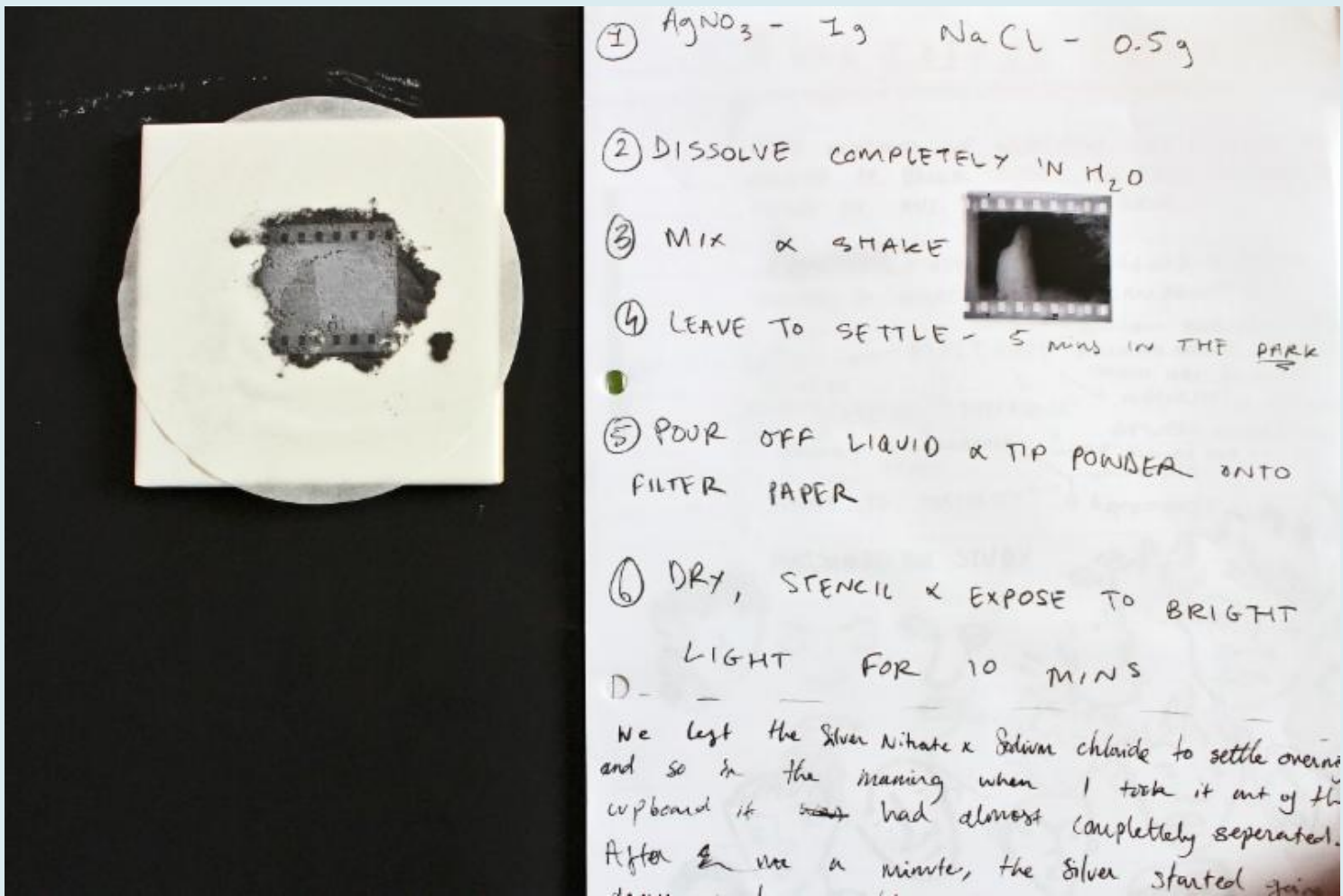
During the Lake District hiking trip, Joe takes a moment to reflect.



Becoming more skilled at throwing on the pottery wheel, student Elle focuses on trimming out the base of her vase.



Staff member Ashleigh walking through the wet tropical zone of the Princess of Wales Conservatory during a school excursion in Kew Gardens.



Notes from an Elective Science session where student Meher explored creating a basic photographic image mixing silver nitrate and sodium chloride to make the light sensitive compound silver chloride. This was part of a study to understand the chemical process of capturing an image.



Ancient storytelling, female character analysis and linocuts were all part of student Rowan's project faire presentation.



Student Annika performing part of her dance piece she has been choreographing throughout the second term.



Staff member Olya enjoying a good stretch and a swing in the

sunlight of the day at Kew Gardens.

Such Singing in the Wild Branches

It was spring
and I finally heard him
among the first leaves--
then I saw him clutching the limb

in an island of shade
with his red-brown feathers
all trim and neat for the new year.
First, I stood still

and thought of nothing.
Then I began to listen.
Then I was filled with gladness--
and that's when it happened,

when I seemed to float,
to be, myself, a wing or a tree--
and I began to understand
what the bird was saying,

and the sands in the glass
stopped
for a pure white moment
while gravity sprinkled upward

like rain, rising,
and in fact
it became difficult to tell just what it was that was singing--
it was the thrush for sure, but it seemed

not a single thrush, but himself, and all his brothers,
and also the trees around them,
as well as the gliding, long-tailed clouds
in the perfect blue sky---all of them

were singing.
And, of course, so it seemed,
so was I.
Such soft and solemn and perfect music doesn't last

For more than a few moments.
It's one of those magical places wise people
like to talk about.
One of the things they say about it, that is true,

is that, once you've been there,
you're there forever.
Listen, everyone has a chance.
Is it spring, is it morning?

Are there trees near you,
and does your own soul need comforting?
Quick, then--open the door and fly on your heavy feet; the song
may already be drifting away.

-Mary Oliver

Visit our website at
brockwood.org.uk

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