

ISSUE NO.21  
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Heard it

through  
the...

# cherryvine

GATEWAYS SCHOOL'S TERMLY REVIEW

Meet Gateways  
Alumni -  
Julie Borlant

**INSIDE:**

*Gateways  
beyond the  
Gates and  
Events!*

*Focus on  
PSHE*





## OLD GATEWEGIANS

**We love to keep in touch with our past pupils  
and find out what career paths and journeys they have taken.**

Over the past year or so, we have featured a variety of alumnae in Cherryvine issues including Deputy High Court judge Henrietta Hill QC, GP Dr Frankie Jackson-Spence and vet Camilla Barker, who studied and worked abroad and spent time as a volunteer on the Ukraine border setting up vet clinics and treating refugee pets.

- We invite alumni to be our guest speaker at our annual Prize Giving ceremonies every few years.
- Pupils, parents and staff enjoy hearing what they have to say and seeing what career journey they have embarked upon. Past speakers have included Dr Frankie Jackson-Spence, Janine O'Sullivan and Henrietta Hill.

**This year we are very lucky to have fashion designer Laura Pitharas joining us at Prize Giving on the 30th June.**



Laura Pitharas (née Marsh) has a very successful career in fashion design. She attended Gateways from 1998 – 2009 and went onto study Menswear Tailoring at the London College of Fashion. Laura's luxury tailored designs are known for being sustainable; all garments are made in the UK with wool fabrics sourced directly from Yorkshire.

Her white tux was recently worn by Dame Emma Thompson at the BAFTAs in February and Laura even got a mention from Dame Emma on the red carpet!

**We are looking forward to what Laura has to say at Prize Giving this year.**

**We are also hosting an OG event on the same day so past pupils and a few past staff members will have a rare opportunity to meet up, exchange stories and see how Gateways has changed over the years.**

If you are an OG and would like to keep up to date with any OG news and future events sign up on our website – [gatewaysschool.co.uk/gateways-community/old-gatewegians](http://gatewaysschool.co.uk/gateways-community/old-gatewegians)

We also have a Facebook private group – to sign up search for Old Gatewegians on Facebook and send a request to join the group.



# Meet... alumni Julie Borlant

The most recent addition to our Board of Governors is former pupil Julie Borlant who attended Gateways from 1977 to 1991. Her daughter Jenna also attended Gateways from 2004 - 2021.

Julie went on to study psychology at Manchester University, graduating with First Class Honours. She followed a career in human resources and achieved a qualification in personnel development at Leeds University.

Julie is currently the 'Director of Online Services' for the independent family business Seymour's Home, an interior design company. Julie is also passionate about raising awareness and fundraising for mental health and wellbeing charities and has recently completed a gruelling group challenge trekking Mount Kilimanjaro, raising over £45,000 for mental health charity Beyond. Julie's role as a Governor at Gateways encompasses mental health - she is the lead for mental health and wellbeing.

## What did you enjoy most about going to Gateways?

Gateways was one big happy family and I always loved going to school. It was such a friendly school and I formed some amazing friendships - my best friends today are the ones I met at Gateways from the age of 3! I enjoyed the small classroom environment and it always felt like a close-knit community.

## What were your favourite subjects and why?

I enjoyed Latin and French as well as PE as I've always loved sport.

I was so excited when I eventually won the Victrix Ludorum at Gateways, it was one proud moment!

## Did you take part in any extra-curricular activities?

I used to play netball, rounders and lacrosse and loved playing for Gateways in school matches. I used to run for the North of England, sprinting 100 metres and trained 3 times a week at Leeds Beckett University.

## Do you have any tips for pupils thinking of joining Gateways?

Embrace all the different opportunities that are on offer, there really is something for everyone. The teacher-pupil relationship is unique so you will receive individual attention and support. Make the most of your time at Gateways and cherish the memories. The school years really were the best for me.

Embrace all the different opportunities that are on offer, there really is something for everyone.

## How would you sum up Gateways in 3 words?

Friendly, close-knit and warm.



Friendly, close-knit, warm

# Beyond the Gates AND EVENTS...

## TRIPS AND VISITS

Below is a summary of some of the trips which took place during the Autumn term.



### Ski trip to Folgarida, Italy

During February half term, 76 pupils from Upper 2 through to Upper 5 and 8 members of staff enjoyed a week of skiing in the Italian Dolomites. The weather was 'tropical' with blue skies and endless sunshine; conditions for skiing were perfect. Of the 76 children who attended the ski trip, approximately 50 of them were beginners. Pupils had a fun week developing their skills then action packed evenings including quiz nights and karaoke. Several pupils made good use of the hotel pool too for relaxing those achy bodies!



### Art residential to Anglesey, Wales

19 pupils from Lower 5 and Upper 5 went on a 3 night art residential to The Conway Centre in Anglesey, Wales. Pupils were able to choose from a selection of 'royalty' themed workshops to attend which included 3D crowns, architectural palaces and jewellery in portraiture. The workshops introduced them to new techniques and learning about different artists and styles.

The mini project they created over the 15 hour workshop will go towards their GCSE coursework grade and the methods they have learnt will continue to inspire their ongoing work in school.



### Combined Cadet Force (CCF)

*Capt Col Davies*

This term, cadets have taken part in exercise 'First Knights' at Queen Elizabeth Barracks in Strensall, York. The aim of the weekend was to train cadets in the safe handling of the cadet general purpose rifle. An additional 25 new recruits and cadets also took part in rifle training (exercise 'Half Way') later in the term.

The new recruits have passed their drill test and were presented their regimental headdress in the enrolment ceremony at the end of term.

Over the Easter holidays 10 cadets from Gateways and Horsforth school, will be heading to the UK Sailing Academy on the Isle of Wight, to take part in exercise 'Spring Splash'. Whilst at UKSA they will take part in either a RYA Level 2 Dinghy Sailing course or multi water sports activities.



### DofE

*Capt Col Davies*

This term has seen the start of the DofE expedition season preparation. In February Bronze level participants took part in their second training day and in March the Bronze teams took part in their practice expedition which included an overnight stay on the school grounds.

Silver level pupils have several training events coming up; the teams have opted to use canoeing as their mode of travel so the training days will be spent teaching them how to canoe! Their practice expedition will take part on the River Wye in May over the Coronation weekend.

# Events

## PRODUCTIONS

Our well attended Cabaret evening took place in March which featured performances from over 20 soloists, the choir, counterpoint, the clarinet trio and the string quartet across the evening. Performers ranged from pupils in

Lower 3 right up to our Sixth Formers; it was a supportive and celebratory atmosphere which really showcased some of the fabulous musical talent we have here at Gateways.



Key Stage 2 children (Upper 1 and Lower 2) put on a wonderful performance of 'Ye-ha', a wild west themed musical with plenty of humour. The children have been busy throughout the term rehearsing all the songs, dances and practising their lines to put on this amazing production. It was wonderful to see the children's confidence grow as they worked as a team to show all their theatrical talents culminating in two performances to family and friends.



PARENTS & FRIENDS  
ASSOCIATION

## UPDATE FROM THE PFA

*Kathryn Dyer, Chair of the PFA*

The PFA continues to go from strength to strength with more volunteers than ever making themselves available to help run events within our school. At last count there are over 30 parents representing year groups across the entire school, we even have some dads! New volunteers are always welcome so do get in touch if you'd like to help out.

The Spring Chocolate Fair was once again a resounding success with the children loving all the new games and of course the ever popular chocolate tombola!

Our final event on the school calendar is the Summer Ball taking place on Saturday 1st July in the marquee at Gateways School. We have already received support from sponsors and are delighted that Prosurva have agreed to be our main sponsor. The committee is working hard putting together a great event for you all to enjoy and we hope to see you all there.

Please follow us on social media to keep up with PFA news and events

@gwaysPFA @GatewaysPFA



# Fundraising



COMIC  
RELIEF  
RED  
NOSE  
DAY

Raised  
£1,104

£1,104 was the total raised for Comic Relief from our Red Nose fundraising activities which included; a bake sale, dress up as Little Miss / Mr Men, a fun joke competition and an obstacle race!

# Focus on... PSHE

## What is PSHE and why is it important?

PSHE (personal, social, health, and economic) education became statutory for schools in September 2020, under the Children and Social Work Act. It has great importance for the well-being of young people helping them develop their character, including mental wellbeing, sense of purpose, and independence, allowing them to become strong adults.

Personal development allows us to look at ourselves objectively and gain an awareness of how our internal programming might be hindering us or affecting how we behave.



## PSHE at Gateways

### Prep School

The Prep School follows a PSHE programme called Jigsaw. Jigsaw combines PSHE, mindfulness, emotional literacy, social skills and spiritual development with the aim of helping children know and value who they really are.

There are six puzzles in Jigsaw which are designed to progress in sequence from the beginning of each academic year. These include; Being Me in my World, Celebrating Difference, Dreams and Goals, Healthy me, Relationships, and Changing me.

“ Jigsaw aims to help children understand and value who they are and how they relate to other people in this ever-changing world. It is a whole school approach. All year groups work on the same unit (puzzle) at the same time, and the learning is deepened every year. ”

**Mrs Hallam**

Every PSHE lesson contains mindfulness which consists of teaching the children different breathing techniques, awareness exercises and visualisations.



*The playtime buddy bench – one of the great suggestions from our Well-being Champions.*

Events such as 'skipping day' and 'mindful minis' help bring PSHE to life. Our Well-being Champions meet half termly with our Heads of PSHE Mrs Hallam and Mrs Prince, to discuss other events to add to the Prep calendar and to talk about how to improve well-being in the school. There are 10 Well-being Champions ranging from Year 2 to Year 6; they are chosen by their peers via a vote.

Our current puzzle is 'Healthy me'. Classes will explore different topics within this theme. The younger children will focus on healthy eating, hygiene, medicines and road safety. The older children in Prep will learn about peer pressure, drugs and alcohol, mental health and the importance of exercise.

Next half term our puzzle is 'Relationships' where the children will learn about friends, how families all differ, how to resolve conflicts and how to stay safe online.



## High School

**In High School we have a dedicated member of staff for PSHE which ensures that PSHE is delivered in a consistent way across the year groups.**

Mr Widdop joined Gateways in September 2022 in a newly created role to teach PSHE. Prior to joining Gateways, Mr Widdop studied Philosophy and Politics at university before embarking on teacher training.



**Mr Widdop,  
PSHE  
Coordinator**

“ PSHE seemed a natural choice for me to pursue in my career as it combined my interest of both physical and mental well-being with my earnest motivation to edify the lives of my pupils. In my teaching, I seek to develop a young person's understanding of themselves, realise aspirations of who they'd like to be and give them the tools to make those goals a reality. ”

The PSHE journey begins with a focus on well-being. These lessons challenge students to make meaningful decisions, develop positive physical and mental routines and cover the fundamentals of nutrition and exercise. In the older year groups, the impact of beauty standards, and the role self-esteem plays in our lives are examined in more depth.

Mental health is a key component of the PSHE curriculum, starting in year 7 by developing emotional literacy and looking at strategies that cultivate resilience in Year 8. In later years, the focus shifts to pressing issues such as coping with anxiety and managing low moods. These messages are extended to key stage 5, to support pupils as they make crucial decisions regarding professional training, career paths and higher education.

This term, the focus was on relationships. This element of the course is designed to help pupils successfully navigate platonic and romantic relationships when they leave education. Relationship education is vital, as some of the most prized assets we have in life are our close relationships. If we can teach young people to view relationships as valuable investments, they can prioritise creating and maintaining close friendships. The learning begins by explaining the fundamentals of healthy, positive relationships progressing to exploring topics such as trust & consent, multiculturalism and racial diversity. In key stage 4, learning explores LGBTQ+ acceptance, recognising and challenging unhealthy relationship behaviours, as well as issues of relationship abuse and forced marriages.



Each pupil has a 1 hour PSHE lesson each week in their year group which focuses on age-appropriate learning on issues important to their age group. As class sizes are small, pupils can work in small groups and feel confident to ask questions. In addition to this dedicated lesson time, Mr Widdop works closely with the pastoral leadership at each key stage ensuring a whole school approach is taken to tackling important issues.





## The Gifted & Talented Programme

THE GIFTED AND TALENTED PROGRAMME IS RUN BY THE PE DEPARTMENT AND PROVIDES OUR PUPILS WITH THE TIME NEEDED TO IMPROVE THEIR FITNESS AND GAIN AN UNDERSTANDING OF WHAT IS REQUIRED OF THEM AS AN ATHLETE.

Within PE lessons, all pupils take part in some health-related fitness tests which supports the ability to highlight pupils who may benefit from the programme. Pupils are then selected for the programme based on our recognition for their existing ability in a range of sports. This academic year there are currently 27 pupils involved in this programme.

**The programme this academic year has targeted three disciplines – fitness, nutrition and mental skills.**

Miss Preston has led the group on physical improvement through gym and sports hall based sessions which include a vibrant series of workouts, setting the foundation for the pupils to build from and develop in line with the specific requirements of their own sports.

Nutrition and mental skills workshops have been delivered by Mr Holmes. The pupils have been shown the importance of fuelling correctly whilst dispelling myths surrounding nutrition many of which appear across social media platforms. Pupils look at what foods fuel sport and fitness effectively rather than allowing themselves to be guided by images/information on social media and avoiding a reliance on supplement products.

The mental skills workshops have allowed pupils to question their inner voice and the use of their mind to be positive, supportive and developmental as opposed to negative, destructive and a hindrance. Our young athletes have been given insights to the thoughts of elite performers and have seen how reaching the top of a sport is not linear. The aim is to encourage more self-reliance and resilience and to embrace pressure rather than avoiding the opportunity to succeed.

*Want to hear more from Gateways?*



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### REMINDER

Please note these dates are subject to change. Gateways parents should refer to the calendar on Firefly for event dates and times. All sports fixtures will also be added onto the Firefly calendar.

## Dates for your Diary

- 18<sup>TH</sup> APRIL  
Term Begins
- 20<sup>TH</sup>/21<sup>ST</sup> APRIL  
'Pop Into Pre-Reception' event 1:30-3:00pm
- 22<sup>ND</sup>-23<sup>RD</sup> APRIL  
DofE Bronze Assessed Expedition
- 25<sup>TH</sup> APRIL  
Prep Dance & Music Extravaganza
- 26<sup>TH</sup>-28<sup>TH</sup> APRIL  
Lower 2 & Upper 2 residential to Peat Rigg
- 1<sup>ST</sup> MAY  
Bank Holiday
- 4<sup>TH</sup> MAY  
Numbots & TT Rockstars Day (Transition to Lower 3)
- 8<sup>TH</sup> MAY  
Extra Bank Holiday
- 9<sup>TH</sup>-10<sup>TH</sup> MAY  
Upper 1 residential to Herd Farm
- 12<sup>TH</sup> MAY  
GCSE study leave begins
- 15<sup>TH</sup> MAY  
GCSE Examinations begin
- 19<sup>TH</sup> MAY  
A Level study leave begins
- 22<sup>ND</sup>-26<sup>TH</sup> MAY  
High School examination week
- 25<sup>TH</sup> MAY  
KS2 Learning Support coffee morning
- 26<sup>TH</sup> MAY  
Prep International Day (Humanities)  
Last day of term
- 5<sup>TH</sup> JUNE  
Start of term
- 9<sup>TH</sup> JUNE  
Transition visit to see Zog
- 14<sup>TH</sup> JUNE  
Pre-Reception visit to Born of the Forest
- 14<sup>TH</sup>-16<sup>TH</sup> JUNE  
Lower 3 residential to London
- 15<sup>TH</sup> JUNE  
UCAS Discovery Fair
- 22<sup>ND</sup> JUNE  
High School sports day
- 23<sup>RD</sup> JUNE  
Prep School sports day
- 26<sup>TH</sup> JUNE  
Sports dinner & presentations evening
- 27<sup>TH</sup> JUNE  
Upper 5 garden party
- 28<sup>TH</sup>-29<sup>TH</sup> JUNE  
Lower 5 Alton Towers residential
- 29<sup>TH</sup> JUNE  
Rec / KS1 Learning Support coffee morning
- 30<sup>TH</sup> JUNE  
Prize Giving
- 1<sup>ST</sup> JULY  
PFA Summer Ball
- 4<sup>TH</sup>/5<sup>TH</sup> JULY  
Upper KS2 Production
- 2<sup>ND</sup>-6<sup>TH</sup> JULY  
Lower 6 Geography field visit to Iceland
- 6<sup>TH</sup> JULY  
Reception visit to Cannon Hall Farm
- 3<sup>RD</sup>-7<sup>TH</sup> JULY  
CCF Summer Camp
- 7<sup>TH</sup> JULY  
End of term



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