



# Senior Courier

15th January 2021

#REMOTELearning

## Let's make sure we all look after each other



It hasn't been the start to the spring term we were expecting but once again our students and staff have adapted brilliantly to the constraints of a third lockdown.

We haven't let not being in school stop us from being busy and as the past week has shown, we can always find ways to continue doing all the things that make a

term at Taunton School so enriching.

As the Headmaster said in a video message to our community earlier this week never has it been more important 'to look after each other' and we are determined to support one another throughout this challenging time.



### More Inside

The Club  
Ballet exam success

Staying safe in lockdown  
And plenty more....

## Next Senior Courier: 22nd January 2021

#STAYINGSAFEATHOME

# Staying Safe at Home

by Ed Burnett, Senior Deputy Head & Designated Safeguarding Lead

Over the course of the week I have been recording screencasts for each year group about how to keep themselves safe over the next few weeks. During the first lockdown the national picture was saddening with significant issues around social isolation, anxiety and vulnerability for children as their physical lives were shattered and moved almost exclusively on-line. Indeed, a harrowing report on Radio 4 today highlighted how vulnerable some children became as they were exploited on-line. It is not surprising that calls to Childline are up 13% this year. There are many things we can be proud of from the first lockdown: the quality of lessons, the breadth of the co-curricular programme and Mr Sesteret's cooking! However, the most telling was the strength of our community and how we all pulled together to support one another. This lockdown will offer the same challenges but our pupils will remain cared for in the same inclusive and warm

manner and they will be able to seek help in numerous ways at school through their house system – tutor, Housemaster or Housemistress or through the many trained Peer Mentors of House Prefects – or through the health centre: once again, none of the front line nurses, mental health nurses or counsellors have been furloughed. If pupils would prefer to find support outside of school there are numerous excellent charities which continue to be an important route towards help - Childline, Kooth, Young Minds – whilst mainstream health services continue to offer invaluable support. Whichever route our young people take it is vital that we remind them of the importance of talking through their problems and in school, they will be listened to in a non-judgmental manner.

Ed Burnett, Senior Deputy Head & Designated Safeguarding Lead






ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](https://www.childline.org.uk) | 0800 1111




let's end mental health discrimination



## The Club

The Club is an arts/humanities focused academic society which runs across year groups and meets for an hour every Wednesday evening. Each week a Club member gives a talk on a chosen theme, currently Myths and Legends. To date, we have heard about Robin Hood, Greek mythology, the myth of colonisation and inequality, the history of footwear (leg-ends), colonisation and the myth of gender identity, Arthurian heroes in popular culture, Genesis and structuralism in myth making, the Kray Twins, and Theatre myths. The rich array of topics has provoked a lot of thought and discussion and kept the minute takers extremely busy.

In addition, there is a weekly Talking Points article for discussion. Topics since September have included the American relationship with the passport; whether having children can be unethical; monarchical reform; the legitimacy of C16th Jesuit missions to Japan; Poland and abortion; US democracy; free speech and the anti- tax movement; age limits for world leaders and whether the British museum should restore artefacts to the countries of origin.

Back in September, the term began with a ceremonial procession led by the Club's bagpiper in residence, Floriana, resplendent in the blow-up haggis costume. For the Spring term, guest speakers are planned as well as a Casablanca film night and, should the oppressive presence of Covid lift, a cultural



outing. In the summer, we hope to resume the traditional annual solstice celebrations with Morris dancing and the Club croquet competition. Finally, it is good to hear that former Club members continue to distinguish themselves, Henry Raikes having been awarded a First in History in his Oxford University finals.

In the words of the Club motto, Sapere Aude!

Mark Chatterton

## Ballet Exam Success

Congratulations to Cara Cunningham and Ihina Painuly on passing their Grade 6 with a High Merit mark (between 65 and 74). Cara achieved 73 (only two marks from Distinction) and Ihina 70.

These excellent results also carry UCAS points towards a University application. Many congratulations!

Diane Turner, Ballet Teacher

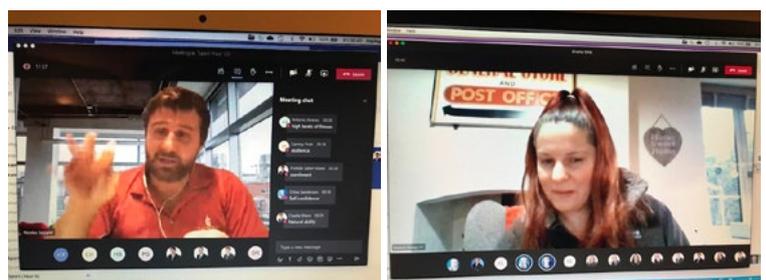
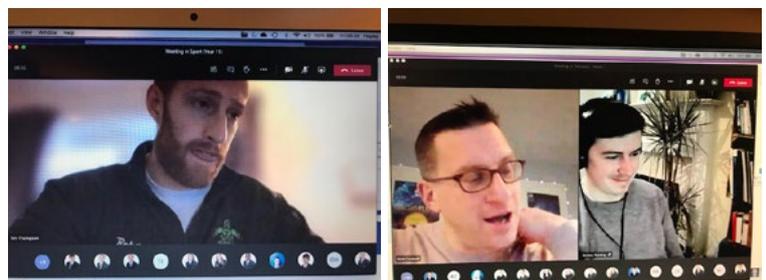


## Scholars Sessions

Our Friday scholars sessions took place as usual on Friday.

The sessions explore the subject outside of the syllabus and encourage students to challenge themselves both in terms of content and leadership, with many of them having to present or research information for future sessions.

Well done to everyone working so hard to continue our students' normal timetables during this lockdown.



## A message from the School Chaplain



### Beloved Taunton School Community,

I am writing to you from the Chapel Vestry. It is important that you know that the heart of Taunton School continues to beat calmly and steadily. It is a privilege and a joy to be able to live stream Chapel services during lockdown. It is important for all of us to maintain some sense of continuity in our disrupted lives.

I want to encourage you to be gentle with yourselves and with each other – and to hold your emotions with honesty and respect. Remember that all emotions are holy – even the negative ones. They have so much to teach us. So pay attention to what you are feeling (even if it is very different from what you perceive others might be feeling). We are collectively (even globally) going through a grief process. The basic Kubler-Ross Grief Cycle includes the following 5 stages: denial, anger, bargaining, depression, and acceptance. Some would include the 6th stage of “making meaning”. But wherever we find ourselves, it is important to remember that the process is not linear: it’s a ball of knots that we untangle slowly over time.

The Headmaster has reminded us about the importance of looking after each other. I want to echo that – along with his encouragement that we “see” each other in whatever ways we can. In the Southern African isiZulu language, people greet each other with the words “Sawubona” – which translates as “I see you”. Likewise, “Sanibonani” means “We see you” (plural). We all long to be seen, and heard and understood. Like Mr Glaser, I urge you to see each other.

I have been trying to walk every day. It is important that we keep moving – that we stay grounded and healthy in our vulnerable bodies. Let’s take good care of ourselves and each other during a season that may feel cold and dark. The good news is that we can walk with one other person. We do not have to walk alone.

I leave you with these words that appeared in my inbox today from the Inward/Outward Together Project:

“Dear Child of God, I write these words because we all experience sadness, we all come at times to despair, and we all lose hope that the suffering in our lives and in the world will ever end. I want to share with you my faith and my understanding that this suffering can be transformed and redeemed. There is no such thing as a totally hopeless case. Our God is an expert at dealing with chaos, with brokenness, with all the worst that we can imagine. God created order out of disorder, cosmos out of chaos, and God can do so always, can do so now—in our personal lives and in our lives as nations, globally... Indeed, God is transforming the world now—through us—because God loves us.”

- Desmond Tutu, *God Has a Dream: A Vision of Hope for Our Time*, p. vii

See each other and stay in the peace which passes all understanding.

Rev Getman



# Top Tips for Keeping Fit at Home

by Tim Thompson, Head of Strength and Conditioning, TS

**SET A TIME** - Book this slot in your diary or timetable. Sometimes leaving it until the end of the day can cause exercise to become like a chore. Find a slot in your day and book it out!

**GET OUTSIDE** - Get some fresh air before starting. This may also help with switching into workout mode by picturing yourself walking into the gym.

**WARM UP** - Don't think because you are at home you can skip this part. You only have one body. Treat it well and it will look after you later on.

**DRINK PLENTY OF WATER** - Keeping hydrated can help you focus, which in turn, will keep you motivated and energised.

**MIX THINGS UP** - Don't complete the same exercise regime every day. You will soon get bored and want to stop. Freshen it up with different movements and intensities.

**PROGRESSION** - Don't settle for the same workout each time, equally, don't try to complete a marathon in day one. Build up slowly and at your own pace. Set goals that allow you to progress weekly.

During lockdown, Friday mornings are going to become #FitnessFridays with our very own Mr Thompson. Every week we will release a short, easy to follow at home fitness routine for our whole community on social media. [Click the link for this week's challenge!](#)



## Did you know...?

*76% of people say playing sport or doing exercise once a week helps them feel satisfied.*

## Jumping for Joy!

On Saturday 19th December 2020, Taunton School riders were out in force, complete with tinsel and antlers, at the Inter Schools Christmas Grass Roots Showjumping Qualifier at King's Sedgemoor Equestrian Centre. I am proud to say that we had representatives from the Pre-Prep, Prep and Senior Schools across the 8 classes, right from tiny cross poles up to 95cm. The team consisted of:

Rory Foad (TPPS)  
Erin Walters (TPPS)  
Violet Legg (TPS)  
Jess Miller (TPS)  
Florence Legg (TPS)  
Jess Miller (TPS)

Zoe Trembath (TPS)  
Laura Trembath (TPS)  
Eva DiCapua (TPS)  
Tilly Jacoby-Kelly (TS)  
Julia Louw (TS)  
Hetty Holden (TS)

Milly Struel (TS)  
Daisy Stout (TS)  
Poppy Treanor (TS)  
Cecilia Fawden (TS)  
Fliss Gostling (TS)

We had highs and lows with some fantastic results and some spectacular falls culminating in some of our youngest riders qualifying for the regional championships at Moreton in Dorset this coming February (hopefully!). Violet won Class 2 with Rory and Erin coming 5th and 7th respectively, meaning the trio placed 1st overall. Rory came 2nd in Class 3 and Jess was 3rd in Class 4, meaning they go forward as individuals in these classes.

In the higher classes, we had several team placings: Florence, Tilly and Zoe came 2nd in Class 6 with Hetty, Milly and Daisy also placing 6th and our teams were 4th, 5th and 6th in Class 7. Emily Miller won the entire class as an individual which is fantastic given how many entries there were! It was also good to see Cecilia and Jeremy back on form with a top ten placing in Class 7. In the final and biggest class of the day, which went on long past dark under floodlights, Julia, Fliss and Emily secured an impressive 3rd place overall, proving that TS is continuing its upward trajectory in the Equestrian forum. Well done to all those who competed and thanks, as ever, to our long suffering horsey parents who support these events so well.

Watch this space for more Equestrian events this year. Not even lockdown will stop us; the team are taking the opportunity of being stuck at home to train harder and even enter online events.

#hicksteadherewecome

Kate Walters



# What will 2021 be for you?

## *A message from our International School*

2020 was certainly a challenge for many. A year of struggle through a global pandemic, punctuated by crises of varying socio-political natures from fighting for racial equality to swarms of locusts destroying African crops; 2020 was one that few who lived through it will ever forget. People worked from home, went on more walks with their family than they ever have done before, and cooked more banana bread than they could reasonably consume!

Interesting changes happened in individual and community mindsets; a drive for healthy living going through enormous growth alongside a gradual change of societal view toward holistic rather than aesthetic health and wellbeing. Online fitness classes became commonplace, healthy, enjoyable cooking took time out of our docile days, and moving became not an excuse to 'get fit', but rather an excuse to simply move.

Many of us turned to the hobbies we had forgotten about; some baked, some ran, some knitted, some played music. A good number binge watched their favourite television programmes or re-watched their favourite films. Others read, some gamed, but above all many of us gained a bit of space to simply be.

It is all too easy to look at the negative aspects of a global pandemic and the pressures of modern society, forgetting about the positive parts of our daily lives and what the lockdowns have given us; the ability to reconnect with family, to reconnect with nature, the time to explore new hobbies, the experience of learning to live in quiet (aka boredom!). We should focus on connection and the ability we have in this day and age to remain in contact with our friends, family, colleagues and students,

recognising that despite the space between us (as dictated by the guidelines of our respective governments), our world remains smaller than it once did.

Education has been hard for many, with new challenges both for staff and students, making classroom learning online more difficult than it once was. However, we must recognise how lucky we are at Taunton School to be able to continue to educate our students with a largely complete timetable. Although much has changed, and much continues to change, it is testament to the hard work of educators, managers and staff that we are still able to maintain and provide high quality education, curricular and co-curricular, to our students, home and abroad. What an amazing thing it is to see teachers continuing to teach high quality, happy and enjoyable classes to students online from the other side of some students' worlds.

Taking a moment to recognise what we all have been given, rather than what we all continue to lose, and taking advantage of the experiences we are given in this new world, is vitally important. This world may feel like it is not going anywhere for some time, and indeed, the year we look on to in 2021 may continue to be the socially, economically and internationally challenging year we lived through in 2020, but ... we have a choice: to tread our own path on an earth crossed with new and exciting potential.

What will 2021 be for you?

**Ben Wilkinson, GRA Taunton School International**

## Tea Time Concert

We held our first lockdown teatime concert of the Spring Term this week. Despite a few small glitches with technology it was great to see our music students from our senior school in action once again. Well done to everyone who contributed and came along online to support.

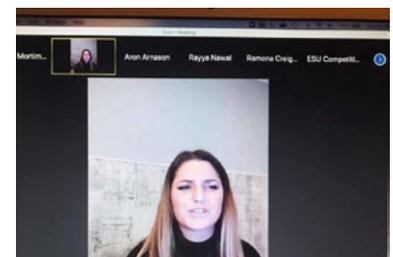


## Debating

It was great to be able to watch the students Debating on Tuesday evening competing in the South West Round on the English Speaking Union competition.

With six teams competing, our team was drawn against King's College opposing the motion "This House would introduce quotas for women on company boards".

Well done to Ruth, George and Hanna.



## Meet the Director of Cricket - Pete Sanderson

What is your job role and which age groups do you work with?

I am Director of Cricket and I oversee the Cricket Programme from Year 3 up to Year 13 for Girls and Boys.

When did you start at Taunton School and what did you do before?

I coached at Somerset County Cricket Club for 23 years in many different roles including schools county, county youth team coach, Head of District Cricket, Head of Youth Cricket (part time analyst and SCCC coach) before moving to work fully with the professional teams for my last 10 years. I had various roles including Analyst, Batting and Fielding Coach.

What led you into teaching?

Change in working environment, having worked in a professional cricket club for a long time and a desire to take Taunton School's cricket to higher levels. To be able to work with teams and individual players to maximum their talents and progress into different school roles as I mature!

Who inspires you?

What a great question, my inspiration for going into cricket was Sir Ian Botham but my first coach, the late Tony Corner inspired me. Another thing that inspires me is some of the poor coaching, or no coaching, that I have received. Mentally and physically I wasn't the best player but I did not get guidance in these areas and so this drives me to make sure that does not happen to players I coach.

What do you enjoy most about your job?

Twofold, one seeing players work hard in the winter and then progress in the way they play in the matches or external county selections they gain, secondly staff relationships.

What do you find most challenging?

Adapting to school life, policies, what is Firefly...

In what ways has cricket at Taunton School had to adapt during the past few months?

The adaptation has been great, mainly the way the players/pupils have taken the online sessions in their stride.



How do you switch off from work at the end of the day?

Presently watching every Premiership match (Man United top of the league!), Test and T20 cricket if not playing football, cricket, tennis, chess or cards with Oscar.

Quick fire questions now...

Favourite film - Point Break

Favourite book - Natural Born Leaders, Alex Beard or sporting biographies

Hobbies - Golf with friends or children, cricket and tennis when not entertaining

Any pets? - Definitely not!

Favourite singers/bands - Not really a great music fan but love a bit of One Direction

Favourite TV programmes/series - Coronation Street / Match of the Day

Any claims to fame Regular appearances in the dug out for T20 matches when Somerset Coach, used to get a lot of grief from friends, good job phone was off!

A tip for surviving lockdown - regular exercise, keep to a timetable, call people up and DO NOT do dry January!

Thanks for telling us about yourself Pete, we had no idea you were a 1D fan!