

A Message from the Headmaster



It has been another busy half-term at Heritage, and in the pages of this issue you can take a look back on many of the interesting and enriching things that have been happening over the past five and a half weeks.

But first, I'd like to turn your attention toward an important event that will be happening in the coming half-term. During the third week of June, we will be holding our Heritage Screen Free Week. It is usually an annual event, which had to be set aside for the past two years, but one which is now more necessary than ever, given the way the pandemic has affected our lives. Now that life is returning to something more like normal, we are pleased to be resuming the tradition once again.

The idea is that from 8am on Monday morning the 13th of

June until 8am on Monday the 20th of June, families commit to not using their televisions, computers, video game consoles, tablets and smartphones. It is intended to be a total 'digital detox'. (We accept that use of phones and computers may be necessary for work and essential communications by adults; pupils should not have access to their smartphone, if they have one.)

This idea will seem alarming—even impossible—to many of us because our devices are so deeply embedded into our lives. There is no denying they are useful. The problem is that they are captivating. They can stop us from giving our whole attention to the things that are right in front of us, or prevent our children from ever feeling bored (a necessary condition for creativity), or disconnect us from those closest to us while

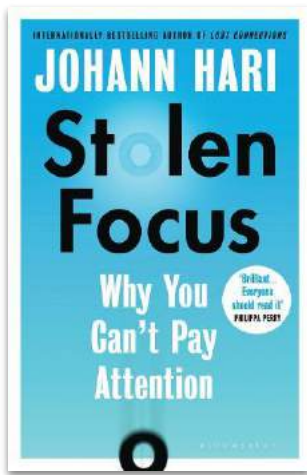
relentlessly beckoning us with electronic messages from many others. And digital entertainments are displacing so many enriching activities.

Screen Free Week is an opportunity for us each to pause and examine whether technology has too big a role in our lives. Can we live happily without screens?

We are eager to hear about your experience of Screen Free Week. What impact does it have upon your family and your children? What books did you read? What places did you explore? What projects did you start, or finish? What interesting conversations did you have? I would love for you to start thinking about Screen Free Week with a sense of anticipation, even liberation! It's only a week, but maybe it will lead to changes that last longer.

Mr Jason Fletcher, Headmaster

Fighting for our own attention



The bestselling book, Stolen Focus by Johann Hari begins with the author's own three-month experience of living screen-free and what he learned along the way. Here, Heritage parent Rachel Bruins shares her thoughts.

Stolen Focus made for a challenging read, rather relevant to Screen Free week! The statistic that university students are apparently only able to concentrate for 65 seconds, and adults for barely much longer at 3 minutes, is concerning. It reflects my own observation of myself. Hari addresses what has changed to shorten our attention spans and then goes on to suggest a number of ways we might ameliorate the situation. It is a fascinating book which the author has clearly well researched with numerous footnotes.

If you're like me, you probably blame your electronic devices for any declining attention span you see in yourself. Hari started there, but came to realise that is only part

of the problem, which is deeper and transcends these gadgets.

Spoiler alert: Additional factors the author points to include the way we short change ourselves of sleep, the negative effects of pollution, the fact we don't let our minds daydream enough, our failure to undertake activities which absorb and distract us (such as doing a puzzle or painting a picture), apps whose developers are paid to make them addictive and ever present, and the fact we allow our children little freedom to play unsupervised these days.

This book is well worth a read. Perhaps a good choice for Screen Free Week?

Rachel Bruins, Year 5 and 9 Parent and HCA Co-Chair

New Books from World Book Day

Infants and Juniors raised £91 during last term's non-uniform day to celebrate World Book Day.

With their portion of the money raised, Infants purchased books that help reflect the broader society in which we live. They are kept on the classroom bookshelves for the children to enjoy and for teachers and children to share together.



Hooray for the HCA



Left to right: Mrs Fletcher, Mr Fletcher, Volunteer Tish Berkley, Y8 Rep Helen Alexander, HCA Co-Chair Rachel Bruins, Y4 Rep Rachel Proud, LP Rep Bev Mercer, HCA Treasurer Donal Lafferty, Y6 Rep Helen Orr, HCA Co-Chair Ellie Stoneley, Y5 Rep Cecilia Amies, UP Rep Vicki Grebe, Trustee Cat Meakin, HCA Secondhand Uniform Shop Volunteer Irene Daly, Heritage Bursar Catriona Buchanan. Not shown: Y2 Reps Katie Wright & Annie Otter, Y3 Rep Deepthy Francis, Y7 Rep Jacky Hulett, Y9 Rep Vicky Green, Y10 Rep Sylvie Rigby, Y11 Reps Avril Monmont & Susie Cumming, Staff Reps Miss Lisa Irwin & Miss Helen Cage

The Heritage Community Association (HCA) is a vital part of our school, helping to build connections among families and supporting the work of the school through fundraising. The group is run by parents, but represents the whole Heritage community, and the building up of that community is what they do best.

On a recent Friday, Mr and Mrs Fletcher—along with other Heritage staff and trustees—gathered to show their appreciation for the HCA committee members, class reps and other volunteers who give their time to support the life of the school. Mr Fletcher thanked the group for their part in building the Heritage community, pointing to its particular importance following the ‘relational thinning out’ from the pandemic. ‘We are thankful for all of you’, he

remarked, ‘because we cherish the relational life of the community and long to see it develop and revive.’

He also noted the generous donation of equipment and toys by the HCA earlier this year and the many ongoing fundraising activities, including the ever popular class cake sales that have recently resumed. The current fundraising effort to purchase a new piano for the school and to support Amazing Grace School in Uganda will feature the eagerly anticipated summer fete on 18th June—an event that promises to be a fun and entertaining afternoon for the whole community. (See page 12 for more about the fete.)

Special thanks to our Bursar Mrs Buchanan for organising the event.

Welcoming New Families

Mr Fletcher also thanked the HCA for their attentiveness and sensitivity in the welcoming of new families, noting particularly the ‘brilliant contribution’ of a Welcome Book for Lower Prep families, which was created this year by Annabel Fraser, Irene Daly, and Bev Mercer and will soon be available on the Parent Portal. The book features a comprehensive catalogue of practical information, along with helpful tips from fellow parents. It will be an invaluable resource for families new to Heritage.



Left to Right: Bev Mercer, Annabel Fraser, and Irene Daly

How Infants Benefit from Shorter School Days

As the saying goes, 'you never have a second chance to make a first impression.' And our children's first impressions of school can have a lasting impact on their enjoyment of learning.

Learning is effortful, and it is particularly hard work for young children who are not only accumulating lots of new background knowledge but who must also get used to the routines and expectations of the classroom. As they assimilate to this new setting, children need plenty of time for rest and for unstructured play (which is also

essential for the development of their executive function).

With this understanding in mind, the school week at Heritage includes an early finish on three days for Lower Prep and one for Upper Prep. This allows for plenty of high quality learning but also helps to mitigate the problems of too much, too soon.

Taking advantage of a recent early finish on a Wednesday, some of our Upper Prep pupils enjoyed a trip with their parents to the Fitzwilliam Museum to check out the Hockney's Eye

exhibition. The children enjoyed studying and carefully copying the landscapes, followed by hot chocolate in the cafe.

Our relaxed Stay and Play sessions with Miss Cage present an equally valuable opportunity for children to simply play with their friends, get outside, or join in on fun activities like junk modelling or planting bulbs in the Panton Hall garden.

Either way, children have a chance to recharge their batteries, ready for the next full day of learning ahead.



Upper Prep pupils enjoy a trip to the Fitzwilliam on a Wednesday afternoon.



Stay & Play children paddling and climbing trees during a recent session.

Year 5 Take A Musical Journey Through Time



Year 5 put on their drama 'Time Lord' during an evening showing for family members at Panton Hall. The time travel adventure was a true crowd pleaser, and delighted the audience with plenty of catchy musical tunes and lots of famous characters from history.

In the story, modern day children Harriet and Sam meet a Time Lord who takes them on an incredible journey into the past. However, danger lies ahead as the group encounters some fierce dinosaurs who had been accidentally released from prehistoric times through the time portal, and are now trying to win back the planet.

During their adventures, the group meet up with a group of WWII evacuees, a saintly Florence Nightingale, a very hard of hearing Beethoven, and a fierce Queen Boudicca with her group of Iceni warriors.

The lively musical performances featured rapping dinosaurs, a smashing riff on Beethoven's 5th Symphony, and lots of clever rhymes (including, impressively, several to match with 'Boudicca'.)

After many weeks of preparations, the class delivered an exceptional performance. A gallery of Mr Hulett's photos is available on the Media section of our website.



A Long Awaited Celebration of Music



After a very dry period for musical performances during the pandemic, the annual Heritage Spring Concert, held on 28th April, at its traditional setting of Saint Andrew's Street Baptist Church, was memorable in many ways.

'It's remarkable to think that it's been three years since we have gathered like this as a school,' said Mr Fletcher as he opened the concert, saying 'what a joy it is' to be able to once again celebrate the music of the school together as a community.

He continued, 'On Monday of this week, we sang in our assembly for the first time in over two years, and it was a very simple but wonderful reminder of the texture; the colour; the richness that we've missed over the last two years. So, in that context, gathering together like this is certainly a delightful celebration in my mind.'

The audience heard a choir number from each Junior and Senior class, along with impressive pieces by many of our talented pianists, clarinetists, flautists, violinists and singers. The Junior Woodwind

ensemble also featured Miss Cage and Mrs Watkins in a surprise bird whistle duet.

The wonderful performances reflected countless hours of preparation by our young musicians, as well as the hard work of Mrs Lowe, Miss Moorhouse, Mrs Good and Dr Howell.

An additional thank you to Mr Hulett for the beautiful photos above. More of these photos are available on the Media section of our website.

Enrichment Photo Album

It's been another super half-term of trips, experiences and activities with our amazing Enrichment programme. Here are just some of the highlights.



Senior School Trips

Year 9 Trip to Westminster

On Tuesday, 17th May, Year 9 took an exciting trip to London to find out about the history, heritage and work of the UK Parliament. During their visit, they toured Westminster Hall, St Stephen's Hall, the Central Lobby and the House of Commons.

The group were also able to meet Daniel Zeichner, the Labour MP for Cambridge (pictured here). Four of the pupils readily took up the invitation to quiz him on Labour policies.

What a valuable experience and educational day for our pupils!



Year 9 and 10 Visit Walsingham Pilgrimage Sites



In April, Year 9 and 10 RS pupils travelled to Walsingham in Norfolk. This area, known as 'England's Nazareth', is believed to be the site of a vision by Saxon noblewoman Richeldis de Faverches in 1061, in which she was asked by the Virgin Mary to build an exact copy of the site where Mary was visited by the Angel Gabriel. Today, this replica of the holy site in Nazareth is found in the Shrine Church in Walsingham, where it remains an important destination for Christian pilgrims today.

In an essay written after the trip, Year 10 Pupil Timothy described one notable feature of the Shrine: 'Along the wall, next to the entrance, there is a group of plaques with inscriptions on them written by various people who wanted to thank the Shrine because they themselves, family

members, or friends have been healed from the waters of the 11th century well which was discovered when the Shrine was re-built in 1931.'

The pupils also visited Walsingham Abbey and the ruins of the Priory Church, measuring 244 feet long with both central and western towers. Timothy wrote, 'I was surprised at how long and impressive the Priory Church must have been.'

Finally, the pupils visited the Orthodox Chapel of St Seraphim, with its impressive screen that features several examples of religious iconography.

The pupils had a very full day, and the experience of seeing these historical and religious sites firsthand will be certain to stay in their memories for a long time to come.



Year 7 Pupil Commended in Book Competition



This year, the Classical Association held a nationwide Creative Writing competition for writers and classicists of all ages to celebrate the appointment of actor, broadcaster, narrator and writer Stephen Fry as their Honorary President for 2021-22. They received more than 450 entries inspired by Mr Fry's books 'Mythos', 'Heroes' and 'Troy'.

Despite this steep competition, our own Year 7 pupil Emily was recognised with a highly commended award for her story 'Echo Echo Echo'.

Emily writes, 'I've always loved Greek myths and I'd just finished reading 'Mythos' when I learnt about the competition, so I decided to enter. I chose to write a re-creation of the myth of Echo and Narcissus from the point of view of her sister. I'd only ever heard it in the third person, so I thought it would be interesting to write it in the first person but as a lesser-known character rather than as Echo'.

Congratulations to Emily for this impressive achievement. You can read her story for yourself on the 'News' section of our website.

Spotlight on Community Sport

Year 9 pupil Emilie is a dedicated community footballer, training three days a week with the Histon Hornets U14 Squad and Cambridge United PDC.

On Saturday, 14th May the Hornets advanced to the final of the Cambridgeshire Women's and Girls league Cup at Newmarket Football Club, where they faced Leverington Sports Youth U14 Girls in an incredibly exciting, close, and demanding match.

Unfortunately the result wasn't as the girls had hoped – with the final score resulting in 2-0 to their opponents – but they performed exceptionally well and deserve recognition for their determination throughout the entire season.



Photo credit: Aspire Cambridge

Study Leave for Year 11

Early this month, we said goodbye to our Year 11s as they headed off on Study Leave. We wish them good luck with the rest of their exams and encourage them to keep up their hard work all the way through to the end.

We look forward to celebrating with them next half-term during the Leavers' Service and Reception, Big Picture Course, and more.

If you are a current Year 11 pupil or parent, be sure to go to heritageschool.org.uk/subscribe to stay in touch with the school!



Introducing the New Senior School Leadership Team

Congratulations to the new Senior School Leadership Team which includes Head Boy Calum, Head Girl Livia, and Prefects Ilias, Jonathan, Emma and Madeleine.

Each member of the team will serve as important role models for our younger pupils and will act as ambassadors for the school. They have already been very active in helping us prepare for our Open Morning that was held on 14th May and, along with other pupil volunteers, helped guide our visitors throughout the school during the event.



A Gathering of Alumni



On Saturday, 23rd April, staff and former pupils gathered to celebrate the first ever in-person reunion of Heritage alumni. 27 alumni from 2016 through 2021 joined together in the Senior School Hall to hear about what has been happening at the school, and to catch up with their former classmates and teachers.

Mr Fletcher opened the event with some school updates—including a look back at recent changes and a look forward to upcoming camps

and trips—and Mrs Fletcher shared some encouraging reflections about the resilience built by the pandemic and the importance of gratitude.

This was followed by a presentation by 2016 Leaver Chloe Chapman, who is currently doing a degree in Fine Art at Norwich University of the Arts, and spoke about her designs of curated natural objects and art from the natural world, mentioning how she was inspired by her experiences of nature walks, nature tables and picture studies at Heritage.

The group also watched a clip from 2016 Leaver Isabelle Taylor, describing her impressive final project of creating fashion from fish skins, as she completes a BA in Fashion and Design from the University of Edinburgh.

After plenty of socialising, a lingering group of alumni revived the playground tradition of Foursquare until closing time. It was a lovely time of reconnecting with our alumni, and we are looking forward to the next one already.



Alumni's Triathlon Triumph

On 15th May, 2021 Heritage leaver Maxwell Buchanan completed his first 70.3 triathlon at the Outlaw Half Nottingham. He finished the grueling 1.2M swim, 56M bike, and 13.1M run in just over 5 hours, placing him 3rd in his age group and in the top 20% of men who competed. He was the youngest competitor in the event.

Maxwell raced in memory of his friend David Jukes, who passed away from a rare form of lymphoma last year, and through his participation raised £650 for Children's Cancer and Leukaemia Group. Congratulations to Maxwell for his strong performance, his hard work and his dedication to a worthy cause.



HCA Summer Fete

Heritage staff, families and pupils are invited to the HCA Summer Fete on Saturday, 18th June from 1–4pm at Fieldfare House, 133 Green End, Comberton, CB23 7DY. Every class will have a stall, which will include a Teddy Bear Tombola, Tile Painting, Face Painting, Raffle, Bean Bag game, Wellie Wanging, a Dog Show, Bric a Brac and Book Sale, Nail Painting, Archery, Treasure Island game, Cookies, Cakes & Cards, Candy Floss and Sponge Throwing. There will also be hot dogs, ice cream, coffee, an art show, a staff baby picture wall, and a buskers corner. The funds raised will go toward a new piano and adjustable seat for Panton Hall, and also to Amazing Grace school.



Although there will be a limited number of card readers at the event, it is advisable to bring cash. Parents will be responsible for supervising their children during the fete.

Ms Robertson held a poster contest to help advertise the fete. This poster by Y4 pupil Anna is one of the finalists. All of the winning posters are viewable on the Art Galleries section of our website.