

# A mountain to climb for funds

Students at Ormiston Six Villages Academy, located in Westergate and part of Ormiston Academies Trust, have been busy working hard to raise funds and awareness for a men's mental health charity.

Male students at the school have undertaken several activities including running challenges, swimathons and a mountain climb

to help raise money for StrongMen, a charity focusing on supporting men that are struggling with their mental health because of a bereavement.

Having set an initial target of £1,000, students have already raised £5,000 already. The academy chose StrongMen to help raise awareness of mental health struggles with young males

and encourage students to seek support where they need it.

The funds raised will help the charity's ongoing support, including; peer to peer telephone support so men can reach out for help; free counselling for those that require additional

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Hello and welcome to the OSVA Times! A school newspaper written by you, for you.

We welcome any contributions or ideas for input, so please get in touch.

We welcome new members to join the club.  
Please come to English 4 on Thursday lunchtime.

## OSVA Times Team:

**Editor-In-Chief:** Miss Wickham

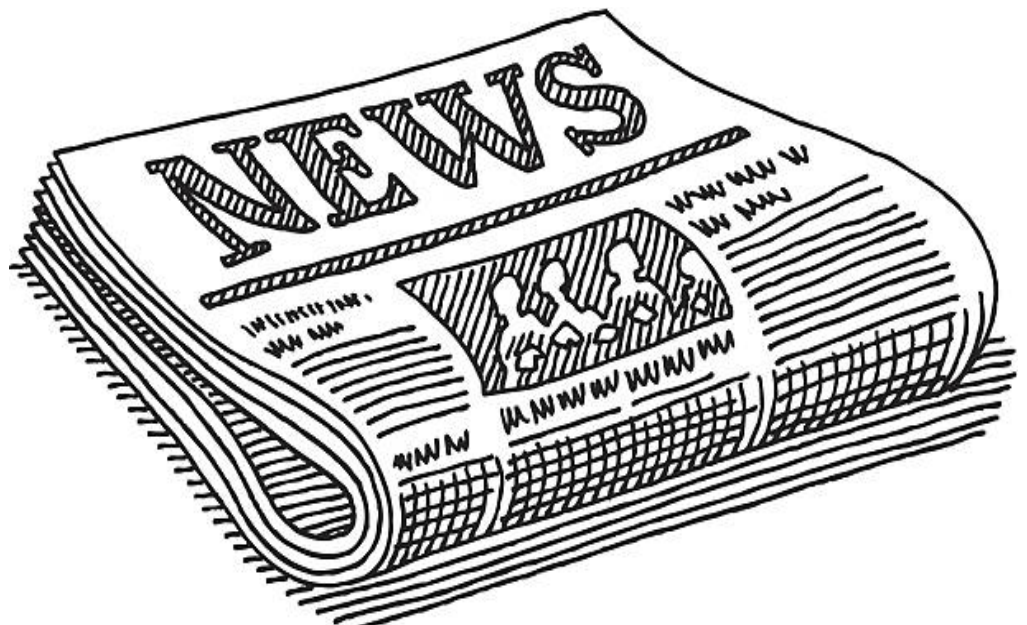
### **Reporters:**

George B

Farrah B

Evrin S

Julia S







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support; talks where men learn and discuss about the journey to overcome grief, and weekends where men can adventure into the outdoors to develop a sense of brotherhood and share their experiences in a safe environment.

Organiser and Head of the PE department at Ormiston Six Villages Academy, Mr Dacombe said: "Our students have been undertaking a variety of different physical challenges to encourage them to seek experiences that will develop a connection to their mental wellbeing and physical exercise, culminating in the first 'OSVA Weekender' where they attended a residential to Snowdonia.

"The students camped at a lakeside venue to get them out in the remote and beautiful countryside of Snowdonia. They participated in archery, axe throwing, bushcraft, team building challenges and then hiked to the summit of Snowdon.

"This was an amazing

opportunity for our boys to develop their own brotherhood and be involved in an experience that encourages community and develops a sense of belonging that is often a challenge for boys in the modern world."

Students at the school were also praised for their hard work ethic and great behaviour by the providers at Snowdonia.

A spokesperson for The Mountain Girl said: "I was genuinely impressed by the attitude, behaviour, and enthusiasm shown by all the boys throughout the trip. They were a credit to themselves, and to you and your team. It is clear that a great deal of work goes into supporting and developing them, and that really shone through over the course of the weekend."

Other activities which have helped raise funds include Year 9 students, Will and Jacob who completed a 5k Parkrun and Jasper and Alby who smashed their 5k runs. Year 8 student, Jack went on to complete his first 10k run while Year 9 Leon,

along with his dad participated in a 5k inflatable challenge. On their bikes, Alfie cycled 50 miles from London to Brighton and Noah who cycled 50 miles home from Winchester also helped raise funds as well as Edward in year 8 who got a 5km swimathon result in just 1 hour 28 minutes at Arundel Lido. Will, a former student also got involved by completing a 5k Mud Monster challenge but also got his younger brother and current Year 9 student Tom and their mum involved!

Mr Slaughter, Principal at Ormiston Six Villages Academy, said: "Every one of these students has shown determination, compassion and courage. By stepping outside their comfort zone, they are not only raising money but also helping to break down the stigma around men's mental health.

"We are incredibly proud of what they have achieved and the message they are sending to others." To donate, please visit: OSVA Snowdon Climb 2026 - JustGiving



# *The colour run is back!*

The annual colour run has returned to Ormiston Six Villages for 2026!

Students spent the day running around the field track as they were soaked with water and covered in brightly coloured powders to raise money for the amazing charity, Chestnut Treehouse.



Students ran laps of the field, where they faced a variety of different obstacles. They ventured through two inflatable obstacle courses, under nets, and across a slip and slide. During the first two laps, teachers and staff were armed with water guns, spraying the students with water, before chucking colourful powders at them and into the air on the final laps.

The event left everyone covered in a rainbow of vibrant colours!



The academy united for an exciting and fun-filled day in support of a great charity. The event celebrated our amazing school community as students braved the course with laughter and cheer alongside their friends!



We're extremely proud and thankful to everyone who took part and contributed to the colour run. It was amazing to see everybody having such a wonderful time for a brilliant cause!

By Evrin Scott





# WORLD CUP WINS

Students and staff came together on Wednesday 15<sup>th</sup> July wearing England football shirts to celebrate the big game!

England who played Argentina in the semi-finals of the World Cup unfortunately lost 2-1 on the night, but students came together to show their support by singing Wonderwall with members of staff.





# Revision : Top Tips!

By Farah Brookfield

As a Year 11 student, now finishing my GCSEs this year, the past two years of school have been a massive learning curve. I'm not just talking about learning things for exams, but learning HOW to prepare effectively for them is even **more** important in my opinion. Even though I achieve strong grades now, it was very different throughout Year 7 to 8 for me. I struggled to focus, got distracted even in lessons let alone at home, and never believed in myself that I could succeed academically; getting so bad that I was moved down sets in Maths (now a subject I love and wish to take in college) and almost gave up on my childhood dream of working for the NHS. I want to share with you how I managed to turn everything around with my GCSEs, and how **anyone** can achieve top grades.

## Start sooner rather than later

You may hear a lot of people talking about revising the night before an exam and still doing extremely well. It is almost 100% likely that that is a lie. It might be tempting to procrastinate and leave things until later, but revision seriously doesn't work like that. Your brain needs lots of time to get familiar with ideas, learn to recall them, and feel confident to answer a question about what you have learnt. This isn't to say you need to be intensely revising WAY before (not a good idea, you will feel "burnt out" and struggle to revise later ) but allowing yourself adequate time to feel comfortable with all the things you need to know makes life so much easier + reduces your stress so much!



## Believe in yourself

The quote "Comparison is the thief of joy" could not be more true with exams. It can be disheartening and frustrating when you don't achieve well on a test, or when someone is seemingly getting top grades when you are struggling. Please never lean into feeling like this! If you think negatively, things will only spiral downwards. Instead, you need to accept your performance. Failures that you learn from are actually huge wins in the long run. Speak to your teachers if you are struggling, They are there for a reason and they want to help you. Seriously, only compare yourself to how you did before, not anyone else. The best students remain confident in their abilities and willing to grow in resilience and overcome challenging topics, time and time again. Your grade itself is not impressive, only the amount of hard work and improvement it took to reach it! This mindset is what really brought me to reaching my full potential.

## Avoid distractions at all costs

When revising, even a phone vibration can completely throw me off course for the next hour. If you are anything like me, just the thought of new things happening in the world, or in your friend group etc will distract you from revision. Unless you are using your phone to access revision materials (which you must be strict with yourself on), I recommend completely turning off your phone and putting it in another room. Placing it to be charged near someone trustworthy in your house can hold you accountable and also remind you that your phone will still be there after you've revised a bit!



## Use active recall

Many students will revise for long stretches and end their session feeling like it went out the other ear instantly. This isn't good as it means your revision was, really, a waste of time. Time is precious. When revising, do it in bursts of a maximum 1 hour, with around a 10 minute or so break, but everyone is different so shorter bursts may be needed at first, and that's okay! Just build up to a longer amount, but limit yourself to an hour. When actually revising, please do not passively revise. By this, I mean reading, writing out neat notes and just skim watching revision videos. You need to be **more engaged** to actually remember. After reading a page of a revision guide or watching a video, write all you can remember from memory and read/watch again. Create quizzes on topics or find them online to learn from your mistakes. The most brilliant revision tool for me was flashcards. These are life changers for subjects where you have to remember a LOT of content. You can find them online, but also make them physically, whatever works for you. I personally find online pre-made flashcards extremely helpful because it's less time consuming than making your own and also test you on specific things you must know for your exam board. Either manually or using an algorithmic software, review your flashcards each day and you will see rapid improvement in how much you've learned AND remembered!

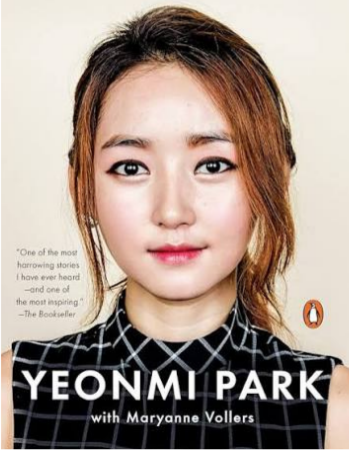


# Media corner

**Book, film and TV series recommendations from OSVA students!**

## In Order to Live

A North Korean Girl's Journey to Freedom



### In Order To Live - Yeonmi Park

Book

Age rating : 15/16+

Recommended by Farah B

Rating: ★★★★★

Length: 273 pages

I first read this book a while ago, but have recently reread it as it is one of the best books

I have read in recent years. The book is an autobiographical account from Yeonmi Park who risks her life, along with her family, to flee North Korea. She reveals what life was like under the horrendous regime, the difficulty in the journey and the excruciatingly unpleasant experiences and losses along the way. However, this book has a very positive ending, and overall I think it showcases her endurance and bravery (especially considering Yeonmi was only 13 years old at the time of departure) and it's a deeply inspiring story. I feel like this book really touches the depths of the human emotions and connects with the reader in ways I don't think many autobiographies ever can. It makes me so glad that a strong female figure like her is now empowering people across the globe by her story.



### Steel Ball Run

TV series/Book series

Age rating: 14+

Recommended by Farah B

Rating: ★★★★★

Length: 47 minutes

Steel Ball Run is a series with a very bizarre premise, following a transcontinental horse race across North America in the year 1890, with prize money for position of 1st place being fifty million dollars. The story follows the growth of the main character, 19 year old Johnny Joestar, who is paralysed from the waist down due to his past arrogance as a world famous professional horse racer. However, on a whim, he decides to compete in this insane race in a distant hope of being able to walk again. This series somehow incorporates supernatural powers into a sporting event which later explores themes such as self-believe, patriotism, morality of humans and redemption, all mixed in with plenty of action and perfectly written characters. The first episode that has come out has jaw dropping animation quality and a beautiful soundtrack which exquisitely adapts the first stage of the race. I recommend watching this first episode because not only is it an incredible watch, but as a long time fan of the original series, the next episodes of Steel Ball Run are going to be so hype worthy that this is only a scratch on the surface of the greatness to come later this year.



### Michael

Film

Age rating: 12+

Recommended by Julia S

Rating: ★★★★★

Length: 127 minutes

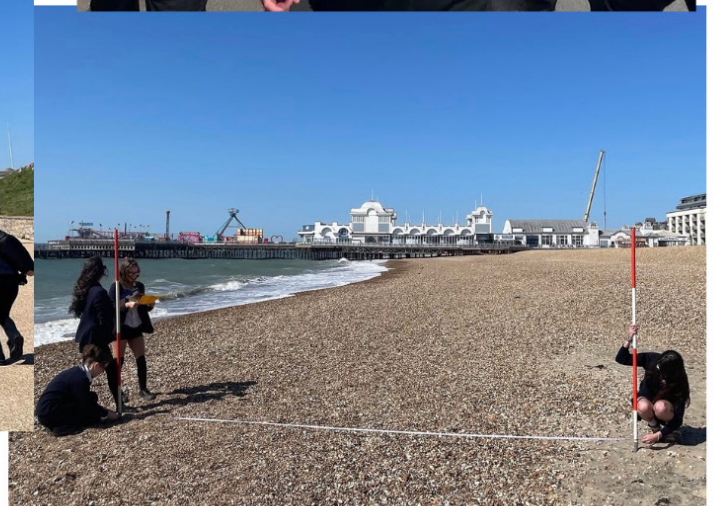
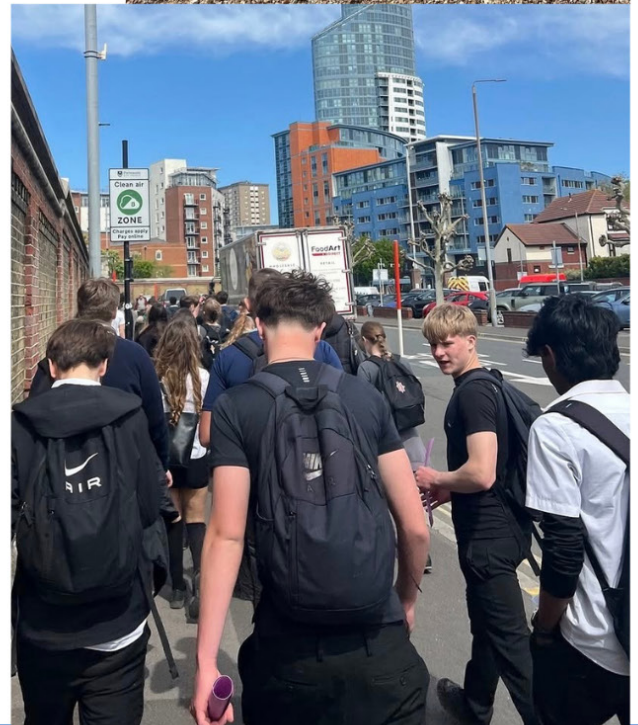
Directed by Antoine Fuqua and starring his nephew Jaafar Jackson, the biographical drama Michael (2026) explores the life of the "King of Pop". Spanning from his childhood with the Jackson 5 in the 1960s to his Bad World Tour in the late 1980s, the film covers his music, personal life, and battles with fame. Whether you're already a Michael Jackson fan or simply enjoy music biopics like Bohemian Rhapsody or Elvis, Michael offers an entertaining and emotional cinema experience. With spectacular musical recreations and a compelling story, it's a film that celebrates the talent and ambition of one of the world's most recognisable performers. If you're planning a movie night this summer, Michael is definitely one to consider.



# TOP TRIPS

Our incredible GCSE geographers recently took their learning beyond the classroom with a full day of essential field work, contributing directly to their final exam.

This took place at Southsea beach and Gunwharf Keys where the students were able to collect data and made some interesting observations. This was an incredible way for them to be able to see geography come alive in the real world.





# STUDENT ACHIEVEMENTS



One of our students has gone above and beyond for their Snowdon sponsorship challenge, cycling an impressive 50 miles from Winchester back home. This took real determination, resilience and commitment to a great cause. We are all incredibly proud and grateful to everyone who has supported the sponsorship along the way.

On one of the hottest days of the year, another of our students pushed himself to the limit by cycling an impressive 50 miles from London to Brighton, his longest ride by a considerable margin! This was no easy feat, but his determination, resilience, and commitment to the cause carried him every mile of the way. Please join us in celebrating this fantastic accomplishment.



Massive shoutout to Will & Jacob for smashing the Bognor parkrun this weekend in support of our Snowdon fundraiser! From the early start to that final sprint finish, you both absolutely smashed it. Great effort, great energy!



# ART AROUND US

Our students had the incredible experience of taking part in an inspiring community mural project just down the road at Oliver's meadow alongside Wild City UK, Artsworld and local artists.

Our students contributed to the creation of a 40 metre, nature inspired mural at Aldingbourne Community Sports Center. Over several weeks they have been involved in every stage of the process from initial ideas and sketching, through to actually painting and bringing the design to life.

Additionally, sticker decals with designs made during this project have been added to bins around the school with messages promoting and supporting the local wildlife.

The project has been a fantastic opportunity for our young people to be able to develop creativity and collaborate with professionals while celebrating nature.





# Duke of Edinburgh



This year, five groups successfully completed the Duke of Edinburgh expedition showing fantastic teamwork resilience and determination throughout the experience. This kind of commitment is something that takes a lot of perseverance and working together. So, not only have they done incredible work to get their award, but also impeccably demonstrated the Six Villages values. A huge well done to everyone involved, they have most definitely outdone themselves.





# Ask the staff in 10

This issue we speak to.... *Mrs May!*

1. **What is your job role / title in the school and what made you choose you job?**

I have the pleasure of being the Director of Learning for Year 10. I am also a maths teacher and second in department as well as being the Young Carer Lead and have overseen the inter tutor competitions for the past three years

2. **What is the best thing about your job?**

Getting to know and work with such an incredible group of people, that ensures everyday is different.

3. **When you were younger, what did you want to be when you grew up?**

A French pirate, hence my love of the stripe.

4. **What was your favourite subject at school and why?**

I adored doing A Level textiles because I was able to be so creative and visiting fashion exhibitions in London was a high-light. This led to me being offered a place to study textiles at Leeds university.

5. **What would students be surprised to know about you?**

I was offered a place at the University of Cambridge but I declined it. I only applied to see if I could be accepted.

6. **What is your dream holiday?**

Seeing the northern lights in Iceland whilst standing knee deep in snow was tremendous, I'd happily go back.

7. **If you won the lottery, what would you buy first?**

A stripey dress as you can never have enough.

8. **What is your favourite book and film?**

Burglar Bill as that book shows how people can turn their lives around and Roman Holiday starring Gregory Peck and Audrey Hepburn because it highlights how life's best moments may be just around the corner.

9. **What makes a "good day" at school?**

Being able to make Mr McConville crack up laughing feels like an accomplishment.

10. **If you could pass on any wisdom to students, what would it be?**

Don't waste your time comparing yourself to others as they are too busy thinking about themselves. All that time you waste doing so can be put to better use making your own life wonderful.





# Students fight fire

Well done to our students who recently completed the GRIT programme with West Sussex Fire & Rescue Service!



Throughout the programme, they took part in hands-on activities designed to build self-confidence, resilience, positive wellbeing and strong relationships all while working a team and stepping outside their comfort zones.

We are incredibly proud of their effort and determination.



# DISCOVERING SOUTH KOREAN CULTURE

Over the past two weeks, we've had the pleasure of welcoming some teachers from South Korea to our school, as part of an exciting partnership with the University of Chichester. During their visit, our guests observed a range of lessons, gaining valuable insight into the British education system and sharing ideas with our staff. This week, they also led a series of engaging cultural sessions for our Year 7 and Year 8 students bringing South Korea to life through traditional games, crafts, language, and fascinating aspects of history.

The enthusiasm and curiosity sparked across Year 7 and 8 has been fantastic to see, with students fully embracing the opportunity to learn about a different culture firsthand.

What a fantastic few days it's been! This has truly been a memorable and enriching experience for everyone involved. We are incredibly grateful to our visitors for their time, knowledge, and passion, and for making such a positive impact on our school community.





# ECO ACTION

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We are very proud to have received our Eco-Schools Green Flag Award with Distinction for the 5th year running!

A huge well done to all our students and staff for their hard work and dedication. This year, our focus has been on healthy living, biodiversity, and improving our school grounds.

We're proud to shine a spotlight on our brilliant Eco Committee, who have been busy making a positive impact on our environment! Their latest project? Creating fantastic bug hotels for the Space 180 area.



These carefully crafted habitats provide a safe haven for insects like bees, ladybirds, and beetles, helping to boost biodiversity and support our local ecosystem. It's amazing to see such creativity and commitment to sustainability, turning a simple idea into something that will benefit nature for years to come. A huge well done to everyone involved, especially Mrs Bain for making the wooden frames!



# LEAVERS DAY



For Year 11, Leavers Day marked the end of an unforgettable chapter. After years of lessons, exams, friendships, and memories, students had the chance to celebrate everything they had experienced together before moving on to the next stage of their lives.

The day was filled with laughter, nostalgia, and lots of photos as friends signed each other's school shirts with messages, inside jokes, and good luck wishes. What began as plain white shirts quickly became colourful keepsakes, each one telling the story of the friendships and memories made throughout school.





# PROM

Year 11 celebrated the end of their secondary school journey in style at this year's prom, enjoying an evening filled with laughter, music, and unforgettable memories. After months of revision and exams, prom provided the perfect opportunity for everyone to relax and celebrate together.



Students arrived dressed in elegant suits and beautiful dresses, making a spectacular entrance before enjoying the evening with friends and teachers. The venue was filled with excitement as classmates took photos, shared stories from their time at school, and danced the night away.



# Transition Day

On the 2<sup>nd</sup> July, we welcomed current year 6 students to the academy.

The students had an opportunity to meet their peers and tutors while getting to know the school site.

During the day, the year 6 students got the chance to meet teachers and experience lessons and activities that they might have once they start here.

It was a great chance for the students to prepare for the next academic year, and we're excited for them to join us in September!







Our students had an incredible experience at Wimbledon, watching world-class tennis on Court No. 2 after earning the opportunity through their passion and commitment to tennis both in school and beyond.

They enjoyed a fantastic variety of matches, including a men's doubles, a women's singles match featuring a former Wimbledon champion, and a men's singles match.

This gave students a unique opportunity to experience different formats of the game and watch elite athletes from both the men's and women's tours compete at the highest level. We hope to win ballot tickets next year!

