



NORWICH CATHEDRAL

Schools & Family Learning Department Newsletter

Autumn 2017

Welcome Back!

We hope you've had a great Summer break. We'd like to take this opportunity to let you know about some of the options on offer here at the cathedral for the new academic year, as well as sharing some great students' work & achievements from last year.

Please share this newsletter with colleagues in History, Science & R.S./Philosophy & Ethics, Art departments.

All our programmes are available throughout each term and our brochures may be viewed on the website www.cathedral.org.uk (learning/school visits pages).

2017 had many highlights, particularly our 'Science and Faith' days for KS3 and GCSE students.



The cathedral hosted the 'God & The Big Bang' team for a challenging day of debate and experiments and we plan to repeat this on March 9th 2018. **Get in touch for more information:** headofschools@cathedral.org.uk



Discussion panels & debates led by theologians and others, inc. challenging experiences in the cathedral are available throughout each term on a range of RS/Phil & Ethics topics.



Photos: GCSE workshops, debate and seminars at God & The Big Bang 2017

Our popular History, RS & 'Big Issues' programmes:

- *The Cathedral Then & Now*
- *Explore Monasticism*
- *Worship & Belief Unpacked*
- *Science & Faith*
- *Peace, Conflict, Human Rights, Beliefs & Society*

Ask us for more information

In this issue:

- **NEW Normans**, impact of the church/ design & architecture of the cathedral, monastic life **GCSE History** (AQA & more)
- **Labyrinths** for multi cultural days, well being and more
- **The Royal School of Drawing** *HERE!*



Thomas Mills High School, Framlingham walk the labyrinth, whilst reflecting on diversity, world faiths & sacred spaces, during their Multi Cultural Day 2017

Labyrinths?

Janet Marshall, Head of Schools & Family Learning wasn't keen at first ...

I felt quite indifferent to them when I came to work at the cathedral in 2014 and inherited a project set up by the East of England Cathedrals. **We have our superb millennium outdoor version in the Cloisters and I inherited a large canvas one in a heavy suitcase!** The more I researched their history, that goes back thousands of years and the way they are used by people of faith or none and were used by ancient tribes whereby ladies used them whilst in labour...painted on the palms of their hands...the more I became fascinated by the concept.

I began to experiment with the portable labyrinth with years 7-9 then adapted it for use with ks1&2. They can be used with any topic, from relaxation & wellbeing, stillness & mindfulness, Bible stories, many R.E. concepts including Pilgrimage—exploring the concept of making journeys, creating holy places and spaces. They merge effectively, hand in hand with drama and other activities. They appeal to SEN pupils and offer focus and grounding.

All age groups enjoy the labyrinth walk which is usually the grand finale, as part of a structured session. **We always do some deep relaxation exercises before we begin and there are visual prompts as they walk.** It works brilliantly in the cathedral itself but is equally effective in a large school hall. **Feedback from students is positive.** Once they get over initial nerves, they get really involved in it and describe feelings of peace and calm, also appreciation of having had time to think deeply, as well as learn new facts and view points.

If you are interested in exploring use of the Labyrinth here or in your school, do get in touch! It can be made bespoke to suit your needs. Staff love it too and it is ideal for INSET/wellbeing sessions!



The Royal Drawing School in Sacred Space

Congratulations to GCSE Art students from Sprowston High & Old Buckenham who took part in two days of drawing workshops with tutors from the Royal School this Summer. Their work, based on time spent in a Cathedral Transept and the Cloisters was superb. Staff and students described the teaching as 'inspirational'.

If you are interested in bringing students to the cathedral for workshops, let us know. The Royal team are keen to work with more.



Students from Sprowston high School



There are regular art exhibitions at the cathedral. Many come with opportunities to meet artists and do workshops. Ask us for more information.

NEW: History for GCSE (& KS3), Norman architecture, impact of religion & monasticism, life in Norman Norwich

As set out in the AQA syllabus, modelled on the references given for Durham Cathedral, we have successfully created & delivered several programmes for GCSE students. Adaptable for KS3.

- Building techniques, masons & examining the Norman style
- 'Getting into the habit' monks, medicine & care for the sick, the importance of monastic life & the way the church impacted on society
- Life then, Norman Norwich and the impact of trade, guilds, church & cathedral building
- Changing times... examining the way a cathedral has developed across the centuries & still seeks to adapt to today's society.



Feedback... "Better than expected, staff were very good at steering all aspects back to our coursework. Great to be able to discuss the Benedictine monks and combine their spiritual life with the Norman desire for glorification of God and show of power through cathedral building"

N. Smith, teacher, Woodbridge School, Suffolk.

Call us to discuss your GCSE or KS3 Norman & Medieval History requirements: 01603 218320
E: headofschools@cathedral.org.uk



Monastic worship, Medieval medicine & printing

Illuminating Stalham High School...

Following a successful year 7 visit to the cathedral exploring the Normans and Monastic Life, Steph Kent, History teacher, decided to launch a school competition to design an illuminated letter. Students had spent time looking at illuminated text, early printed books and a printing press in the cathedral's historic library during their visit. They had also done some quill writing.

The cathedral team faced a challenging task when it came to judging so many excellent entries. Students had clearly been inspired to create some amazing designs. With the help of Dr Gudrun Warren, Cathedral librarian and curator, a final decision was made. **Hearty congratulations to the joint winners: Stacey Jane Trutzenbach, Keira Beales, Megan Lake, Charley Cushion & Finley Brown.** It was a tough decision because all entries were great, but these five really got the feel for what illuminated text sought to do and produced some inspiring responses to the cathedral's ethos, architecture & life, past & present.

The winners with Canon Librarian, Revd. Dr Peter Doll, Dr Gudrun Warren, Librarian & Curator & Janet Marshall, Head of Schools & Family Learning.



From whatever angle..

It's worth a look!



Photo c. Paul Hurst

Contact Us

Give us a call or send us an email for more information:
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Visit us on the web at:
www.cathedral.org.uk
(See 'learning', then 'school visits' pages, to download our KS3-5 brochure)

We'd like to know what **YOU** want & we are open to all ideas! Please let us know and do please pass this on to colleagues.

Thank you!



If you haven't linked up with Go-Go Create yet, part of GO-GO Hares Project 2018, do get in touch with them.

Contact: peter.marron@break-charity.org

The hares will be all over the city in 2018. We are hosting baby leverets in the Cathedral! Look out for activities.

Student reviews: 'God & The Big Bang' 2017

"The day helped me understand that actually lots of what science offers can be linked with faith"

"Its has opened my mind to other points of view"

"It gave an interesting perspective on earthquakes, human corruption, responsibility & natural evil"

"Interesting studying conservation plus a Christian viewpoint"

"A confusing topic about the brain and DNA was easier to understand & the experiments were good and involved everyone"

"Enjoyed the bee orchid and fun plant facts, unexpectedly interesting!"

GCSE students: Jane Austen College Norwich, Thorpe St Andrew High School Norwich, Thomas Mills High School Framlingham, Royal Hospital School Ipswich.



DIARY DATE: 9th March 2018



Reserve places NOW!

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NORWICH
CATHEDRAL