



Well done year 7 graphics! You have completed your first rotation at Stanborough, and your popcorn boxes are amazing! I love all the different techniques you have used and the adorable faces you have designed too! Well done!

For more information about your next rotation please speak to your technology teacher. More information will be given to you via class charts!

**Popcorn boxes!**

## DATES FOR YOUR DIARY

3<sup>rd</sup> Dec

- Yr. 10 Cheese practical

15<sup>th</sup> Dec

-Yr.13 Further Development

-Yr.11 Portfolio Deadline

17<sup>th</sup> Dec

- Last day of term!

**Art clubs!**

## Art Shop

The Art shop is always open at break and lunch time. We sell a large range of art materials from brushes to blending stumps, sketchbooks to paint sets! Talk to your art teacher if you want to purchase any materials or if you want to know more!

Tuesday Lunch  
Art club

Wednesday Lunch  
3D Reindeer club

Thursday Afterschool  
STEAM club & 3D Reindeer Club

Has your work featured on our twitter page? @Stanb\_ADT



# STUDENT SHOUT OUT!

## Ceramic Cake!



Look how delicious these pieces look... and they've not even been fired yet! Yr. 8 ceramics are busy as usual! Well done and brilliant job everyone. Keep going!

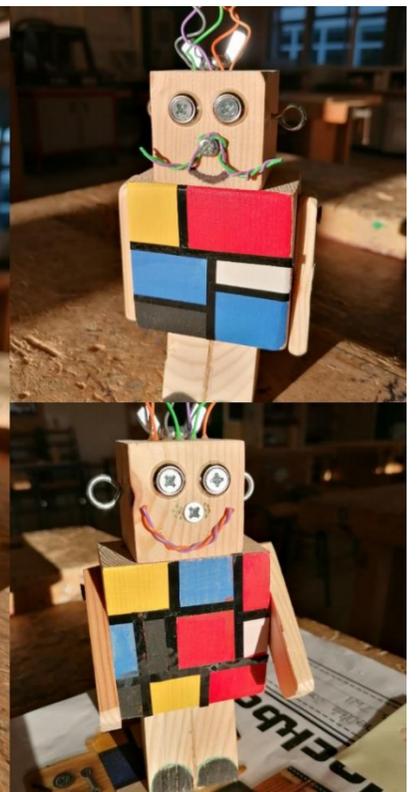


## Festive orbs!



Ms McNamara has been creating amazing festive baubles in Art club! If you are interested, then please speak to Miss Barnard or Ms McNamara... Or come along on Tuesday at lunch! Art club is every Tuesday until Christmas from 1:30 until 2pm!

## Block bots



Year 7 3D Design have created fantastic block bots this rotation! Well done everyone involved! I love the expressions from these robots. IF you are in year 7 or 8 then watch your class charts as your next rotation will be available for you soon! Year 7s will either go to photography, 3D Design or Graphic design.

# ART IN THE NEWS WOW!



## New Exhibition Alert!

A new retrospective exhibition celebrating Amy Winehouse's life and work opened in the **Design Museum** in Kensington, Central London on 26 November.

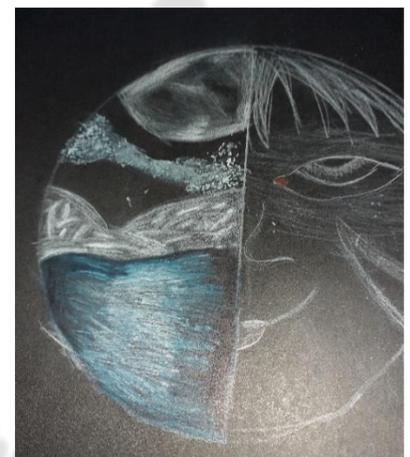
Marking the 10-year anniversary of Winehouse's death, the exhibition allows visitors to step backstage and relive iconic performances, and to understand the singer's creative process as an artist.



For more pictures check out @Stanb\_ADT on twitter & Instagram!



If you took GCSE art, graphics, or textiles last year, and would like to pick up old work, please email Miss Barnard ASAP!



## SHOW OFF YOUR ART!

WOW This fortnight has been my favourite. So many of you have been emailing me your pieces of art! Well done everyone and thank you so much for sharing!!

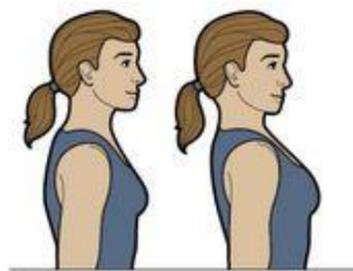




# SWITCH OFF ZONE!

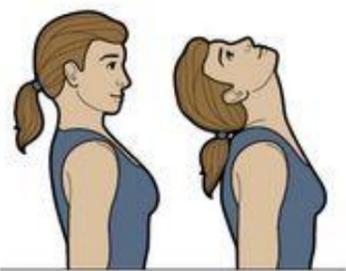
Mental Health Awareness

## » THE PROGRAM



### Neck Retraction

While lying faceup or sitting down, bring head straight back, keeping your eyes on the horizon. Then return to neutral. Repeat 10 times.



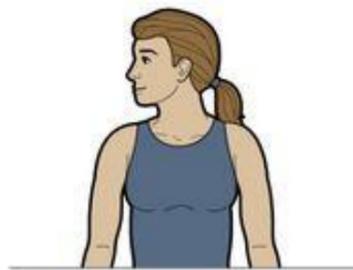
### Head Drop

Starting in a seated position, retract neck (as above). Slowly move head up and backward as far as you can comfortably go. Return to neutral. Repeat 10 times. Do this exercise again at the end of each session (so you do it twice each session).



### Side Bend

Sit down, bring head into neck-retraction position, then gently guide right ear toward right shoulder with right hand. Stop when you feel a stretch on left side of neck. Return to neutral. Repeat 5 times on each side.



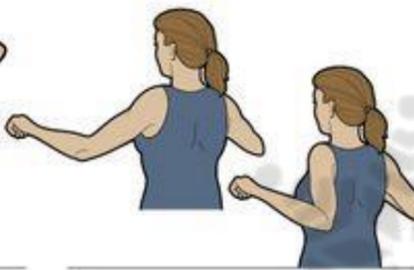
### Rotation

While sitting, bring head into neck-retraction position, then gently turn head diagonally to the right so your nose is over your shoulder. Return to neutral. Repeat 5 times in each direction (left and right).



### Flexion

Sitting down, bring head into neck-retraction position. Clasp hands behind head and gently guide head down, bringing chin toward chest. Stop when you feel a stretch in the back of your neck. Return to neutral. Repeat 5 times.



### Shoulder Blade Pull

While sitting, bend raised arms at 90-degree angles. Relax shoulders and neck. Keeping arms and neck still, squeeze the muscles between shoulder blades, drawing shoulder blades closer together. Return to neutral. Repeat 5 times.

## Stretch!

Remember to listen to your body and take time this weekend for yourself!

This term has been difficult for a lot of reasons.

Keep going – we're almost at the Christmas break and this term alone you have achieved so much!

HELP WANTED

### WANTED!

Comic artist to create comic work for the ADT newsletter!

Send your artwork and comics to Miss Carter!!

WANTED

## Seasonal inspirations



Mince Pies, like Christmas Puddings, were originally filled with meat, such as lamb, rather than the dried fruits and spices mix as they are today. They were also first made in an oval shape to represent the manger that Jesus slept in as a baby, with the top representing his swaddling clothes. Sometimes they even had a 'pastry baby Jesus' on the top!

During the Stuart and Georgian times, in the UK, mince pies were a status symbol at Christmas. Very rich people liked to show off at their Christmas parties by having pies made in different shapes (like stars, crescents, hearts, tears, & flowers); the fancy shaped pies could often fit together a bit like a jigsaw! They also had pies which looked like the 'knot

Link to the Mince Pie Club!

Link to recipe!

