



May Issue

# BEST OF BOHUNT 2024



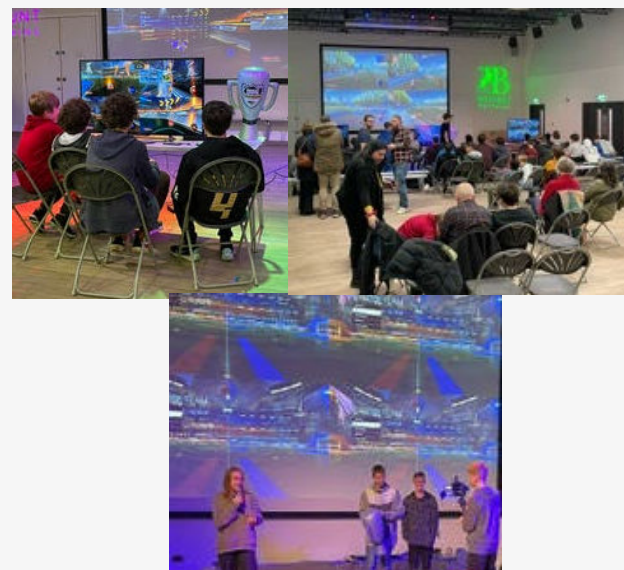
## A welcome message from BOB:

Welcome to the latest edition of Bob featuring the all the best bits of BSW in one place. This time Bob reports on the epic residential trip that was China 2024 (page 2), finds out what has been growing on in the school's Eco Garden (page 4) and brings you an essential survival guide to getting through CTAs( page 3)! Read on and enjoy the latest news and updates from around school.

## TECH NEWS

As a leading school in digital innovation Bob will be bringing you a regular byte size (geddit?) chunk of tech news. This month we report on the recent Friends of Bohunt E-Sports Event.

On the 15th of March Bohunt's own Digital Leaders hosted a school wide E-Sports competition for the widely popular video game Rocket League. In an interview with one of the members working on the event they stated that "it was a busy night for all of us but in the end it was worth doing for the school!"





On 21st March an intrepid group of Year 8 students jetted off to China for a 2 week Mandarin trip, soaking up the culture, history and food of an amazing country. Students visited some incredible places including the Great Wall and Shanghai and also spent time in Chinese high schools, meeting new friends and taking part in classes. We asked Robyn, Lucas and Dyulian from Year 8 about their experiences.

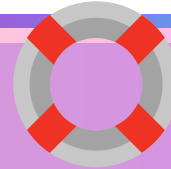
**Lucas:** I really enjoyed visiting the Great Wall of China and meeting new people at the Chinese school. I also loved going to the McDonald's in China - so much tastier!

**Robyn:** I had such an amazing time. I really liked meeting loads of students at the schools we visited and I loved exploring the markets and trying different foods!

**Dyulian:** I liked going to Shanghai and visiting and having some free time to explore the shops and the city. I also enjoyed the toboggans that we used to get up to the Great Wall.



## CTA Survival Guide:



Bob knows how stressful CTAs and studying can be, so we're here to help you!  
Here's some of our top tips for studying and feeling prepared.

1. Don't be afraid to ask your teachers for help! We know it can be scary sometimes to ask for more help but all the teachers at Bohunt school are here to help you!
2. Knowledge organisers. These are packed full of key information and great for remembering important information.
3. Get a good night's sleep. Don't stay up studying the night before the test, you won't be able to retain the information if you're too tired (Also you might be late to school)
4. Make your own flashcards/notes. Making your own study gear can help you retain information whilst making them! You can also make fun games with them and play with your friends.

### BOB'S BOOK OF THE MONTH:

BOB has chosen the book *Run Rabbit Run* by Barbara Mitchelhill, a story that tells the tale of an eleven year old girl named Lizzie, who is a child in World War Two. Lizzie and her younger brother Freddie lost their mother as she died during an air raid and her father despises war because of this.

Overall we gave this book 10/10 as it was so immersive and saddening. We recommend this book for people who are interested in World War Two and stories with powerful meanings behind them.



Bobs JOBS (Jokes of Bohunt) What do you call a fish wearing a bowtie? Sofishticated.



Bob has been getting his hands muddy this spring and catching up with all things eco that have been happening around school. The Eco Garden is coming together brilliantly as Ms Worthington, Ms Patterson and their dedicated Eco Club students work hard to create a beautiful outside space for our community. If you want to get involved then go along to Eco Club every Wednesday after school!

On top of this students in Year 7 and 8 took part in an Eco Garden Design workshop led by staff from Ricardo. Students were challenged to consider their carbon footprint and how they could design a garden that utilised carbon capture resources and technology.





On Wednesday 1st May BSW welcomed back Jack 'the Lad' Hayes as he led the first of three Dare to Dream workshops, as well as providing a motivational assembly for the whole year group. Jack partnered with EDF Energy to inspire young people with employability skills.

## RECIPE OF THE MONTH

This month, BOB has chosen to go down the recipe route of vegan, with a dish called Hoison no-duck pancakes. For all the chefs of Bohunt, we wanted to challenge you this edition and hope to see your creations.

### Ingredients needed

#### For the pancakes

150g plain (all purpose) flour  
1tsp sunflower oil

#### For the jackfruit no-duck

1tbsp sunflower oil  
2 garlic cloves, crushed  
2x400g cans of jackfruit, thoroughly drained, rinsed and broken into strands  
1tsp Chinese five spice  
4tbsp hoisin sauce  
1tbsp light soy sauce  
2 spring onions (scallions) finely chopped  
1tbsp sesame seeds  
4cm piece of cucumber, thinly sliced into matchsticks



To make the pancakes, add the flour to a bowl, then pour in 120ml boiling water. Stir together to form a thick dough, then allow the dough to rest for 10 minutes until it is cool enough for you to comfortably handle.

Lightly dust a clean work surface with flour, then knead the dough for 5 minutes. Cut the dough into 8 even pieces.

Lightly dust the rolling pin with flour, then roll each piece as thinly as possible.

Use a pastry brush to brush a frying pan lightly with oil and then place over medium-high heat. Carefully add each pancake to the pan, cooking for 30 seconds before flipping the pancake and cooking the other side for 30 seconds, ensuring they don't brown. Keep warm.

Heat the oil and garlic in a large frying pan for 1 minute until softened and fragrant. Add the jackfruit strands with the Chinese five-spice and stir-fry for 2-3 minutes.

Spoon in the hoisin sauce and soy sauce and stir-fry for 4-5 minutes until the sauce is bubbling.

Scatter over the spring onions and sesame, then spoon onto a serving platter, along with the sliced cucumber, ready to load into the pancakes.



If there's one thing Bob loves more than referring to himself in the third person it's going along to all of the BSW brilliant sports fixtures. This month has seen some teams take part in some exciting and tense showdowns. They say that you 'win some, you lose some' and that's certainly the case this month. What's also certain is that every player always gives their absolute all and we congratulate all those who take part, no matter what the score. Well done to all of our brilliant teams!



| Fixtures March 2023 |            |                 |                    |            |            |          |
|---------------------|------------|-----------------|--------------------|------------|------------|----------|
| Day                 | Date       | Fixture         | VS                 | Year Group | Score      | Win/Lose |
| Tuesday             | 16th April | U16 Basketball  | Copleston, Ipswich | U16        | Lost by 12 | Lose     |
| Friday              | 19th April | Basketball      | Ashcombe, Surrey   | 8          | 48-26      | Win      |
| Friday              | 19th April | Netball         | Oscar Romero       | 7          |            | Lose     |
| Tuesday             | 23rd April | Football (Boys) | Steyping           | 11         | 3-0        | Win      |
| Thursday            | 25th April | Rounders        | Durrington         | 9          | Lost by 1  | Lose     |
| Monday              | 29th April | Rounders        | Oscar Romero       | 9          | 13-4       | Win      |

Bohunt School Worthing Presents...

# The Addams Family

A Musical Comedy



AUDITIONS  
Tuesday 14th May 2024  
3:30pm-5:30pm  
SCAN THE QR CODE  
TO SIGN UP!

## The Hub

Come along to the Bohunt Worthing Wellbeing Hub

Play games, meet new people, speak with our trained student  
Mental Health Ambassadors

Thursday Lunchtime in the  
Outdoor Classroom (opposite reception)

YR8/10 - 12:15-12:45

YR7/9/11 - 13:10-13:40

