

Future Leaders Competition 2023

In late October, I sent in my application for the Future Leaders Competition, 2023. This is a competition for 15-18 years olds around the world, run by a company called Ivy House, who aim to find leadership skill and potential. From the initial application, they choose the top 20, who are named 'Ones to Watch' and later get the chance to take part in a 5-hour leadership workshop on Zoom. During this, the top 5 winners are selected.

A couple of weeks after I sent in my application, I found out that I had made it through to the final and was part of the top 20. As an addition to the workshop, this also gave me a badge stating that I had made it this far in the competition, which I could use on my CV and other applications.

After being given the date for the final, which was January 20th, the nerves kicked in. Especially, as they left us with an immense lack of knowledge for what the final would consist of.

Once we reached the day, I was faced with a brilliant panel of



judges. Sam Bowerman from NatWest, Ben Mason who is the founder of Globalbridge, Nishy Lall who works for Sky as well as Anna Vila Pouca from M&S and Calvin Akotuah, the co-founder of Loud Speaker.

The workshop consisted of two judged sections. Firstly, our ability to make a pitch of ourselves, followed by how we gave feedback to others in the group.

To create our pitches, initially, we listened to Elke Edwards, the founder of Ivy House. She taught us how to structure a pitch, the main components you want to include and why they were important. This was a truly fascinating talk as it gave us

skills which are so incredibly important and interesting. The pitches were surrounding a focus that we were passionate about and linked to something we then wanted from the judges to develop that passion, such as mentorship or work experience.

We were split into groups of 4 to form our pitches. Each group had a coach to support them.

Later, the groups were mixed around and one of the judges joined each group, we each then delivered our pitch to our group and the judge.

A second talk from Elke then took place, on the importance of feedback. Not just receiving it but how to properly give constructive external feedback. She made sure to instil in us that all feedback is a gift, and it's up to you whether you take it up or not.

Everything we learnt there was then used in the second judged section. Therefore, getting back into our groups, we gave feedback to the other members and received feedback from each other, as well as from the judge

and coach. It was interesting to think on a deeper level the importance of giving equal feedback and the impact that it has on someone,

Finally, a ceremony was held where the 5 judges each announced their winner, who together formed the top 5.

I feel so unbelievably fortunate to have been chosen by my judge, Nishy Lall as a winner.

I want to say a massive thank you to the admin team who took such fantastic care of me for the day and were so encouraging. As well as Mr Gasiorowski who ensured all technical issues were sorted hastily.

I must also give particular thanks to Miss White, who not only informed me of this incredible opportunity but supported me throughout the entire process. She ensured everything was set up for me and played a huge role in easing my nerves throughout the day.

Ella (11TWI)

Charity of The Week:

Royal National

Lifeboat Institution

(RNLI)



Wild Horses

The wild horse, also known as the equus ferus, is a breed of horse which includes the genus equus, a subspecies of domesticated horse, and the endangered Przewalski horse.

Suggested by the name, these beautiful creatures roam free. In both wild and domestic environments, all horses live in herds with a clearly defined social structure.

They live in places such as the moors, woodland areas, large unknown fields and on mountains and hillsides. Just like wild animals, these horses have never known a domesticated life, even throughout the course of their evolution.

All horses existing today have origins from a herd of wild horses domesticated by humans 5,500 years ago. Although horses live in the wild, they are all feral or semi-feral animals and are not purely wild.

Until recent discoveries, scientists believed that the Przewalski horse was the last true wild horse breed in the world. They are primitive-looking horses and were reintroduced to their natural habitat in 1992 after reaching near extinction. This theory was lost in 2018 when a study on the Przewalski horse revealed that they are descendants of the very first domesticated horses.

The beginning of the 20th century resulted in the world's last pure wild horse breed becoming extinct. The Tarpans, also known as the Eurasian wild horse, was found in Russia and hit extinction in 1875 and 1890. While the Tarpans were genuinely accepted as wild horses, some scientists still remained sceptical. The Tarpans had many personal traits such as a small, stocky stature, primitive markings and a traditional grullo coat.

Ellie (9SSP)



Crystal Fact file

Clear Quartz



There are many ways to call on the healing powers of Clear Quartz. One of the best ways you can make the most of its energy is to wear it. Having Clear Quartz on the body can ensure that you stay connected to its high vibrations, positive powers, and cleansing energy. You can also place Clear Quartz on any chakra that feels blocked and let it cleanse and clear.

Placing it in the home will also bring lighter, brighter energy to any space.

Clear rock crystal quartz is found in the U.S., Brazil, Russia, and Madagascar. Each of the seven main chakras is associated with a different crystal, with clear quartz most benefiting the crown chakra. This chakra is all about higher consciousness, and clear quartz can help open you up to a deeper sense of spirituality.

Amethyst



Known as "the all-purpose stone", Amethyst is a protective stone that helps to relieve stress and anxiety in your life.

Amethyst is said to offer protection, humility, spiritual wisdom, and stress relief.

Amethyst is a natural tranquilizer, it relieves stress and strain; soothes irritability; balances mood swings; dispels anger, rage, fear and anxiety; alleviates sadness and grief; and dissolves negativity. Amethyst activates spiritual awareness, opens intuition and enhances psychic abilities.

Amethyst has a highly calming energy. It's a stone that knows how to balance, soothe, and bring you back to the spiritual center. For those who struggle with tension, insomnia, anxiety, and other spiraling thoughts -

Amethyst is a unique healing gem that provides sweet relief.

Rose quartz

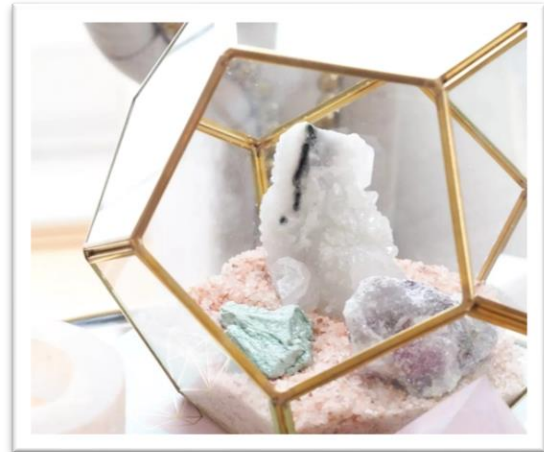


Rose quartz is known as a healing crystal and the stone of unconditional love. It is believed by some to emit strong vibrations of love, which are thought to: support emotional and relationship healing.

Can I keep rose quartz under my pillow? Also known as the stone of unconditional love, Rose Quartz is the best crystal to sleep with under your pillow if you want to attract your soulmate while you sleep.

Rose Quartz is said to boost feelings of self-love and foster loving relationships with others. Also known as a romantic stone, rose quartz can also be used to attract love. It may help you cement your current relationship, end unhealthy relationships to make room for healthy ones and clear out past relationship problems so you can move on.

Cleansing crystals



Cleaning and recharging your crystals are necessary for returning them to their natural state so that they can continue to benefit you. You should plan to clean your crystals once per month, however, if you feel that they are being influenced by negative energy, you may consider cleaning them more often.

Clean crystals by:

- 1.Placing them under a full
- 2.Imerse them in salt
- 3.Soak them in moon water
- 4.Burn incense or herbs over them
- 5.Connect them to your spirit guides

Jessica (7GOE)

Music to suit your moods

Music can help you calm Here is my list of music to listen to for different moods.

Happy-

Superman – Lazlo Bane

Sad-

Three Little Birds – Bob Marley

Angry-

Master of Puppets - Metallica

Fearful-

Stranger Things Main Theme –
Kyle Dixon & Michael Stein

Stressed-

You Can Get It If You Really Want
– Jimmy Cliff

Lonely-

If I Ever Leave This World Alive –
Flogging Molly

Creative-

Gravity Falls Main Theme – Brad
Breck

Depressed-

Pieces – Sum 41

Bitter –

Tobacco Island – Flogging Molly

Empty –

Gone Away – The Offspring

Excluded –

Cradles – Sub Urban

Energetic –

Megalovania – Toby Fox

Calm –

Minecraft Theme – Notch

Zeph (9LMA)



The Riddle Master Challenge

As a tutor group, see if you can solve this riddle and when you do, email us the answer! The first tutor group in each tutor group to send us the answer will be added to our tally.

Then, whichever tutor group in each year has guessed the most first by the end of the year wins



Poltairunfiltered@poltair.cornwall.sch.uk

I speak without a mouth and hear without ears. I have no body, but I come alive with mind. What am I?

A Message from the School

We all know that schools are full of children with untapped potential and that our job is to get them to recognise and release it. There are, though, those rare occasions when we come across a student who is truly remarkable.

They aren't always the most confident, sometimes they struggle, but it's the determination and perseverance that leads to them excelling. Year 11 student, Ella (11TWI), is one of those young people. Ella joined Poltair School in Year 9 and, in the time that she has been with us, has evolved into a confident, articulate and courageous leader.

In Year 9, Ella established our school newspaper, "Poltair Unfiltered", which is published fortnightly and has since evolved

into a podcast too. She spends hours working with students from Year 7-10, helping them to develop their voices as journalists. She has secured its sustainability by recently relinquishing the reins to a team of student leaders who she has nurtured.

In her time with us, Ella has interviewed TV presenters and athletes at the Eden Project. She has led a team of reporters and presenters at the G7 and last week she achieved the accolade of becoming 'Future Leader of the Year 2023' in a global competition run by Ivy House.

In October, Ella qualified as one of 20 finalists for the competition after submitting a video about



what she has learnt about her own leadership. The final involved a mammoth five hour Zoom call, working with industry leaders to develop a pitch. Ella's final challenge was to create a pitch to the judges on, "What makes you a remarkable leader?"

It takes huge confidence and self-efficacy to be able to do justice to this task. This got me thinking about the word "remarkable". To be uncommon or extraordinary. Our responsibility as educators is to enable every young person in our care to become extraordinary; to be truly remarkable. We talk a lot to our students about legacy and the importance of leaving your mark. Ella will not only leave her mark for years to come; I know that she will set the trajectory for other students to

follow. It has been my absolute privilege to mentor her.

The judges told Ella that her understanding of leadership and the importance of empowerment was mature beyond her years. They also told her that her composure in the final showed that she could be presenting to a hall full of people, yet she'd make them feel like they were in her living room.

Alongside the achievement of being selected as a Future Leader of the Year, Ella wins mentorship from industry leading experts, work experience with top employers and £1000 in prize money. The staff and students are immensely proud of Ella's achievement. She is a remarkable young person, and we wait with anticipation to see the impact she has on the world.

- Miss C White
Deputy Headteacher

Have any Questions, or want something put in the paper? Email us!

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24/02/2023

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Caleb (10SWA)