

School News



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Students in school have been very excited this term to welcome a new visitor, Archie. Archie is not a new student in school, he is our new school dog. Archie lives with Mr Browell, but comes in to visit us at least three days each week, but sometimes more. We asked Javid and Chris how Archie is getting on.

"When Archie is in school he stays in Mr Browell's room for the whole day. He has a big dog bed which is under the bench so it's like a little den for him. In his bed he has some squeaky toys too. I don't get science in that room which is good because I'd have a bad head from them noise of them. I see Archie through the day because I go for a walk with him. When Archie is in, students can ask Mr Browell to help walk him. Mr Browell then chooses from who has asked to go out with him at break and lunchtimes. When we get to go out we walk all the way down the school drive to the bottom of Walker Riverside School and then back again. We all get to take turns of holding Archie's lead. When we go out we make sure that we remember his poo bags!"



Ahmed with his buddy Archie

- Chris, 11C

"Archie is in my class. When he is in the room he likes to walk around and see all of the students. They all like to give him a stroke, which Archie loves. He has a bowl for his biscuits and a really big bowl for his water. Archie is very well behaved, when Mr Browell tells him to sit he does. Helen has also been training him to lie down and to give his 'other paw'. I like having Archie in the class because he is kind and he makes me feel happy when he comes over to see me with his wiggly tail." - Javid, 11B



Bayley 'taking the lead' on his lunchtime walk with Archie and his friends... there's always plenty of willing volunteer dog walkers at Charlie P's!



In October students from year 9 went to drop off our Harvest collection at 'The People's Kitchen' in Newcastle city centre. The students arranged the collection as part of their learning about Christian values and celebrations in RE.

Their first stop was to see where the meals are served to the homeless people followed by a visit to the warehouse to drop off our generous collection. The students had the opportunity to ask questions and have a discussion about this charity with the team of volunteers. It was an enriching experience for our students who got the chance to see what happens with the items donated by their friends and families and how they are used to support the homeless community in Newcastle.

Our students with 'The People's Kitchen' volunteers



"I thought it would be good to visit the people's kitchen because I wanted to see how it looked inside. We were the only visitors at the time but there was already crates of food there. We asked three of the volunteers lots of questions. The food was sorted by type and date. All tomato products



'The People's Kitchen' in Newcastle.

together and all cheeses together. 'The Peoples Kitchen' can feed 200 homeless people each night. I asked what happened during Covid 19 and they said they were down to only about four crates of food each day. The volunteers said "thank you very much" to us for our harvest food. I think our food would be able to improve what people are getting to eat." - Daniel, 9B

Follow our charity on 'Friends of Sir Charles Parsons School'



Sir Charles Parsons School





Latest News from The Friends of Sir Charles Parsons School

In our Spring edition of the newsletter we told of the exciting news of Jamie from the 'Baldy Holly' band deciding to fundraise for a new school minibus. As well as taking on an

epic bike ride from John O'Groats to Lands End, he has also played a number of gigs for free, with donations being made to our school charity.

Students and staff were in for a special treat in November when Jamie came to visit. He entertained us with his repertoire of 50's rock n roll, as well as some modern day hits. Everyone had a fantastic time, with even some of the staff getting up to dance!



'Baldy Holly' band lead singer Jamie has everyone rocking along to the big 50's hits!

Staying on the musical theme. We were delighted to be able to entertain in the local community during the run up to Christmas. Our school 'Singing & Signing' group visited a number of venues. Two of these allowed us to do bucket collection which raised £142 in total.



As part of the fundraising residential drives, sixth form staff held a stall at the 'Red Fox Christmas Market' near Felling. They sold a range of handmade gifts, some produced by students and staff in school, and some by a group of volunteer knitters!



Sixth Form staff at the fayre selling their wares



September is such an exciting start if the year, welcoming the young people back to school. However it is also a special time locally, with the world popular event of 'The Great North Run'. We were thrilled that this event kick started out charity's fundraising efforts for this academic year, where we were lucky enough to have nine runners taking on the challenge for us.

After their training and hard work on the day, with extreme temperatures, we were thrilled that they all completed the course safely. In addition to this they managed to raise a whopping £3,228 to support our charity.

The money raised was used to purchase a number of pieces of switch hardware for school. These pieces of equipment are essential in ensuring all of our students can engage in learning and social activities together.

We asked Miss Foley how she found the event and she said - "I enjoyed doing the run a lot more than I thought I would. It was my first time running that distance, in fact it was my first time running more than 10k so I shocked myself. I took it slow and steady. Like they say, slow and steady wins the race...or in this case I didn't actually win, but I did manage to finish! It was really hard in parts, especially when I couldn't find Mrs Andrew with the ice pops on the last leg. But the thought of raising money for 'The Friends of' for resources for school made it all worthwhile!



Owen exploring the switch to develop his understanding of cause and effect

Christmas Fayre

We had another fantastic turnout for our termly fayre. We love hosting these events for many reasons, for example giving the students a chance to contribute to the charity by planning and managing a stall, bringing families together to celebrate, and a chance to welcome volunteers to support our young people in any way they can. We want to highlight the dedication of Zachary's family, especially nanas Doreen and Julie. Also a special thanks to Lindsay.

These volunteers have supported every event we have had for the past few years. Thanks also to new volunteers who either donated items or their time.

The event allowed us to raise £3,385 for FOSCPs!!! This money will go towards some new outdoor play equipment in the form of a sit on spinner roundabout.

GREEN FINGERS

We have been very lucky to be able to link with Robson from the 'Children's Foundation' who has been coming in to school to deliver a 'City & Guilds' level one qualification in horticulture to some of our year 11 students. Robson will be coming in to school until May 2024. We will also have the opportunity to visit the allotments in Coxlodge later in the school year. Robson has been very impressed with our



school and students and is looking forward to working with us. "Basically, this guy called Rob comes in to school. He talks to us about gardening and we have our own notebooks to write in. We write the tools that we need to do different jobs in the garden. We also write down different plants, saying whether they are from bulbs or seeds. In the last lesson we planted bulbs in the big planters in the sixth form yard. We used a tool called a dibber to make a hole then we put the bulbs in. I put

the bulbs I had in a pattern so that when they grow they will make a smiley face. After the bulbs went in we had to cover them up with soil." - **Bradley, 11B**

"We've been doing horticulture with Rob. On his first visit we showed him around the shed and the lodge. We told him that there is equipment in the shed that we can use to sort the soil in the new planters in the lodges because there was nothing in them yet. When Rob came back to see us again he gave us some notebooks where we wrote the rules about what to do, like working together and following instructions and helping each other. He also brought us gloves, a hat and some black boots with laces to wear in case it's muddy or dirty. We were really happy with everything Rob gave us because the team all look the same. - **Javid, 11B**



Letter from the Head



Contributing to the newsletter means taking the time to look back and reflect on the past term. Sometimes it's hard in December to remember all the things that happened at the start of the autumn term - September seems so long ago!

This year is particularly hard I think, for everyone, as we all come to terms with the very sad loss of Conlan. He will be missed by everyone and the whole school has been deeply affected. Staff and students have shown great care, empathy and understanding for each other in the past few days and supported each other by sharing their happy memories of time with Conlan.

Events such as this bring into sharp focus the importance of making the most of life and for us as a school, the importance of making the most of every minute our students have at SCP.

One of my favourite events this term was the performance provided by Baldy Holly. It brought the whole school together to sing, dance and have fun - and be impressed by some of the impromptu dance performances by students and staff!

We are very grateful to Jamie (or Baldy Holly!), for his fundraising efforts and are looking forward to following his journey when he begins his bike ride. It's been really good this year to start to get our fundraising efforts back on track after the disruption caused by covid and you should hear more from the Friends of Sir Charles Parsons in the new year.

We have had a number of new staff join us this term, but one of the most popular additions to the staff team has been Archie the dog. Luckily for Archie he seems to thrive on lots of walks!

There is always lots going on in school, but we also have lots going on outside of school. Our singers and signers have been visiting different venues in the last few weeks to provide Christmas cheer and we are developing community links across the curriculum. The 6th form curriculum in particular has a focus on learning and opportunities outside of school with all students accessing a range of community visits and learning opportunities.

Thank you to everyone who has been part of our school community this year, Merry Christmas and best wishes for the New Year.

Yours, Karen



Sixth Form Curriculum



September saw the launch of our new Sixth Form curriculum. The curriculum has been redesigned to meet the needs of three main pathways of learners. Learners follow different pathways according to their level of need, and are discussed throughout the students' time here at SPCS, especially at key transition times. In Sixth Form the main pathways are yellow, blue, and violet, with overlap onto the other colours. Students on the orange/yellow pathway focus on 'being independent, the green/blue pathway focus is 'towards independence, whilst the indigo/violet pathway has a sensory/holistic development focus. Further information can be found about the pathways on the school website, or copies of information can be requested from the school office.

Duke of Edinburgh Award

Although Sir Charles Parsons has successfully run the 'Duke of Edinburgh Award' for a number of years, this has been for selected year 10 and 11 students only. Students in Sixth Form have now also started to work towards achieving their 'Duke of Edinburgh' bronze award. There are four elements to the award which need to be completed in order to receive the bronze level. They are community service, keeping fit, developing a skill, and completing an expedition. These various elements can be undertaken in any order over a two year period. This term the students have started by 'keeping fit'. They have also been introduced to elements of taking part in an expedition, such as building a shelter, and putting up a tent, although the expedition element of the award will not be taking place until later in the year.



David practising building a shelter with his friends Jennifer, Florin, Vinny and Romeo

"I've been doing Duke of Edinburgh. I've been doing the 12 weeks of fitness. We have been doing dancing. It will make me strong. We dance to lots of music like 'Amarillo'. I'm tired and hot afterwards. We have put the tents up. I worked with my friend Jennifer. The tents were nice inside. Next we will volunteer. We will help someone else." - **David C, 6C**

Forest School



Collecting campfire provisions

"Forest School...what can I say...how many times have I been playing in the mud and been covered in it. It feels really good! I just started doing it this September, and it's the first time that Sixth Form have been doing it. When Tom said I was going to do it I was really excited to learn new skills like making fires, but I was nervous in case I didn't like it.

The first time we went we stayed on the school site so that we could sit and talk and make the rules. They are look after each other, look after yourself, and look after nature. The next session we went to the forest which is near to school, behind the sixth form area. Tom explained that there are different boundaries when we are at Forest School, which are the places we're not allowed to pass. Now that we have done a few sessions we have done lots of different things, like arts and crafts and whittling wood, using the 'Kelly Kettle', toasting marshmallows, den building, assembling rope swings, playing games, using hammocks, making 'smores and sitting round the campfire to eat them. The games are really fun because they make us move around a lot to keep warm because we always go to Forest School, even in the winter time. The only thing that would stop us is a yellow weather warning for high winds and thunderstorms, just in case. To make sure we are protected in all weathers we have to wear wellies, a 'pac-a-mac', waterproof pants, a hat and scarf, plus an extra layer



Around the ol' campfire!

like a jumper or hoody. When we get to the summer time I will need to remember sun cream and a cap to stay safe from the sun. Even though I

was nervous at the beginning I really enjoy it now and I look forward to every Wednesday, all day! My two favourite things are toasting marshmallows and doing the wood whittling and arts and crafts, well pretty much all of it!" - **Mcarahlee, 6Gu**

Charlie's Café and Community Links

This term the café students have welcomed visitors from the local authority, including the head of Children's Services, Cath McEvoy, our schools full governing body, and some visitors from future care providers. All visitors were very impressed with the service they received in the café, especially with the new tablet ordering system and smart till. They also commented on how delicious our homemade food items were!



Lucy and a resident sharing a craft activity

A group of students from our green/blue pathway were invited along to 'Byker Hall Care Home' as part of a community visit. Whilst there, they enjoyed a Halloween crafting session working alongside the residents. The visit was a great success and we were delighted when staff and residents from the home agreed to come along to visit

'Charlie's Café' a few weeks later.



!!! B I N G O !!!

The café team served all of the usual freshly made bakes and cakes complete with Halloween inspired treats. Some of the team even wore fancy dress! Once everybody was settled in, a very brave Ryan called a game of bingo for our visitors and other sixth form students to play.

Ryan was quite nervous at first but after a few calls he calling those numbers with gusto! We are very much looking forward to building on this community link and are actively seeking other possibilities. We have plans to welcome service users along from St. Anthony's of Padua in the new year.



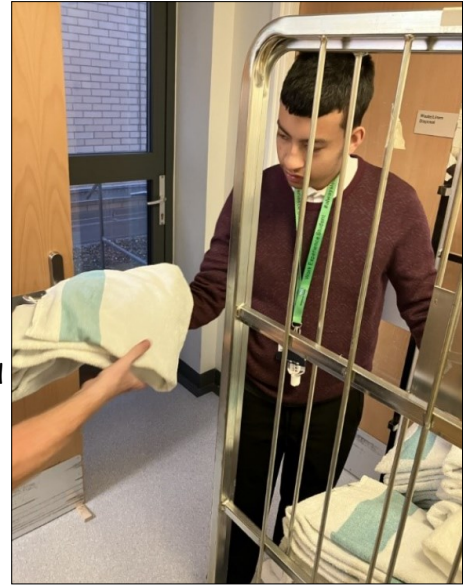
Eyes down for a full house!

Off-site Work Experience

This half term some of our Sixth Formers have been very brave, and put into practice the learning that they have been doing in their 'World of work' lessons in school by going out and completing work experience placements in external settings.

We have had students once again taking part and working with 'Choices College'. Formerly 'Project Choice', the provider specialise in providing supported internship courses for young adults with learning difficulties and disabilities.

Ibrahim has had the opportunity to work with the team in the linen department at the Queen Elizabeth Hospital in Gateshead. Ibrahim said "I have really enjoyed my placement especially being able to go over to the maternity ward to drop the linen off. I would love a job in a hospital." Ibrahim has shown more confidence during his time on placement. He had to face working with unfamiliar people in a new environment however,



Ibrahim delivering the clean linen to the maternity department

was able to take on board new information and tasks and deliver a very good service around the hospital.

Libby in 6Gu has had the opportunity to work at Café Beam based in Ouseburn Farm, Byker. Libby has been very enthusiastic and has worked very hard in her role. She has completed tasks such as learning to use an iPad system to take orders, serve customers and welcome them into the café. "I love my placement. My favourite bit has been learning to use the iPad. I really want to learn to use the coffee machine so I can use the one in Charlie's Cafe". Customers have been so impressed with Libby's skills and services she

has even got to take home some tips! Other students in sixth form have been brave and tried out days working in St Oswald's Charity shop in Wallsend and in Pathology at the QE Hospital.

Next half term we will continue to provide placements for students in years eleven and sixth form and ensure we enable more opportunities to help them grow and develop and to prepare them to life in the world of work.



Libby proudly showing off her uniform

SCP Kids Zone

I Spy ...



Everybody who knows Nyle from 10D, knows he likes to tell a joke or two so we asked him for a 'couple' of current favourites...

What do you call someone with no nose and no body? Nobody nose.

How many apples grow on a tree? All of them.

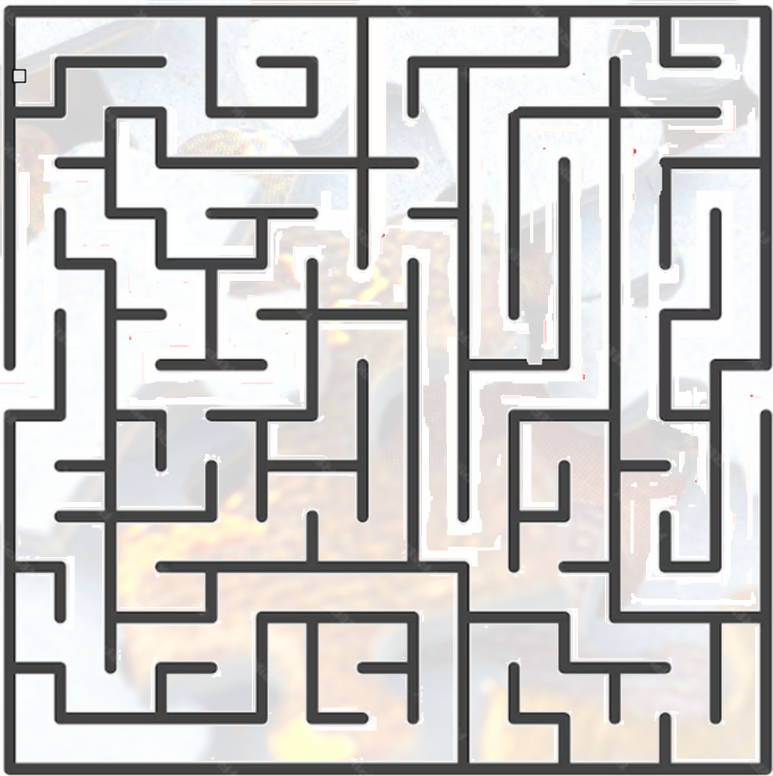
I went to a seafood disco last night... I pulled a muscle!

What does a house wear? A dress.

What do you call a bagel that can fly? A plain bagel.





Can you count the winter items in this busy I Spy?



Mr Browell has hidden Archie's squeaky gingerbread toy. Help Archie find his way through the maze to get it back!

Santa Search

Find the following words in the puzzle.
in the puzzle.

Words are hidden 
and .



F	H	Q	N	S	I	N	G	I	N	G	F
O	W	A	L	K	Z	A	I	D	L	P	N
R	A	X	O	V	M	D	H	O	H	P	F
E	B	L	N	R	U	N	V	G	W	A	A
S	N	W	U	N	S	W	I	M	G	F	Y
T	R	G	K	H	A	R	V	E	S	T	R
C	H	R	I	S	T	M	A	S	C	W	E
F	G	E	A	B	I	N	G	O	F	E	B

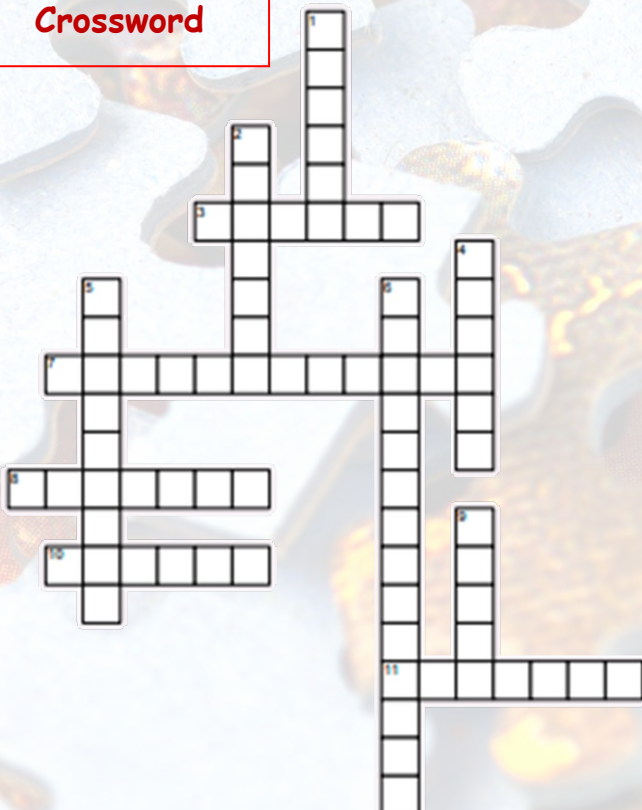
And there's more..

I stole a rabbit today... then I had to make a run for it.

Why did the picture go to jail? It was framed.

What did the police officer say to his belly? You're under a vest.

Christmas News Crossword



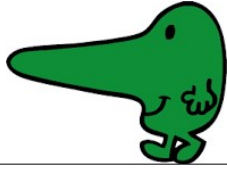
Across:

- 3. One muffin ingredient 'Let's get Cooking' club used for their winter muffins?
- 7. Mcarahlee loved toasting these?
- 8. David made one iin his Duke of Edinburgh lesson?
- 10. School dog?
- 11. Kai likes practicing these skills in his after school club?

Down:

- 1. Our very nosey reporter?
- 2. He went to hospital, but not because he was poorly?
- 4. He came to teach some year 11 students horticulture skills?
- 5. Another muffin ingredient 'Let's get Cooking' club used for their winter muffins?
- 6. Year 9 students went here?
- 9. 'Eyes down for a full house' with Ryan?





Nathan from 9M really loves asking some very nosy questions. He came up with these ones - and although we had to have 'trade off negotiations' with Mrs Anderson re: printing 2 pages of his favourite pics at the end of the week, he did very well to talk to staff he doesn't know yet!

Michelle

What is your favourite TV show? It's 'Stranger Things', the first season is the best.

What do you hate doing? I think it has to be having nightmares. I hate it when you dream and then there's a monster there in it.

What is your favourite movie? It's a horror one.

What is your favourite day? It's Friday day...it's Saturday, Sunday, what?!

What is your favourite thing to do? I love listening to Mandarin, Japanese, Korean, English and Portuguese music.

Do you like pizza? Not really. I think pizza is a bit too dry sometimes.

What is your worst food? The worst food is anything tasteless. For example if you get sushi but the sushi rice is tasteless I hate it!



Claire - Learning Support Assistant, currently based in year 7

What is your favourite TV show? This is hard! I have a three year old at home so I don't get to watch much. I did like the bake off though.

What do you hate doing? Definitely got to be ironing. That's the most boring job ever!

What is your favourite movie? Elf...I really like Elf! I quite like watching Batman as well.

What is your favourite day? It's got to be a Saturday. I like to watch my daughter play football and have a bit of a lie in.

What is your favourite story? I read a lot of children's books at the moment. My favourite one is 'Going on a Bear Hunt'.

Do you like pizza? Oh my goodness, yes I do, it's my favourite. I do love a margarita.

What is your worst food? I don't like liquorice.

What is your favourite thing to do? I like to have a bit of time to myself and go for a run.



FUN FACT: Claire's mam, Susan, worked at our school for over 30 years.

Vicky - Health and Welfare Assistant, currently based in Sixth Form and year 9

What is your favourite TV show? Am I allowed to have more than one? I like all the soaps, but I'd say Eastenders is my favourite one.

What do you hate doing? I hate putting away the washing. It's a never ending task in my house.

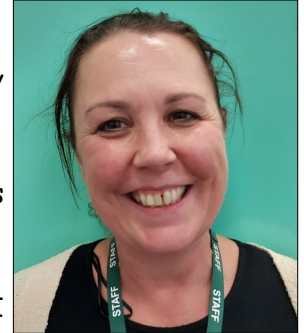
What is your favourite movie? My favourite movie is the Shawshank Redemption, it's really brilliant.

What is your favourite day? Friday. It's the end of the week and we can go home for the weekend.

What is your favourite thing to do? It sounds really sad this, but I'm really happy organising things.

What is your favourite story? My favourite story as a kid, and I still like it now is 'The Enchanted Wood'.
Do you like pizza? Yes.

What is your worst food? I hate cucumber, I despise it.



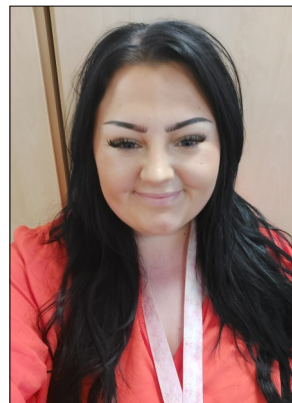
We have very recently, also appointed some new break and lunch time supervisors. We will be looking forward to catching up with them in the next newsletter with more 'Nosy Questions' but here are some fan facts to get you started...



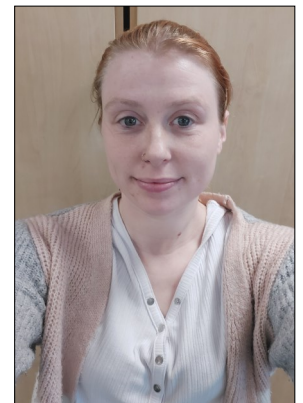
Charlotte - I got a trophy for winning the most beautiful baby award.



Amy - I have troublesome twin girls who love unicorns and dinosaurs.



Demi - I've performed on the West End stage in 'Les Miserables' and 'Beauty and the Beast'.



Emma - I've sky dived 14,000 feet on to 'Mission Beach' in Australia.

Live on Stage

"On Mondays, Nicola has been coming into school. Nicola is a dance teacher and she comes into our PE lesson, which is lesson 1 and 2 on a Monday, a whole double lesson. In the group there is me, Lillie, Noura, Rosie, Kayla, Muhammed R and Adam. We go down to the purple area into my old classroom, which is now Mr Wood's room. We normally start with a little bit of a warm up. We do a little song to help us get our body ready. We do lots of different songs but 'This Is Me' from the 'Greatest Showman' is my favourite to warm up to. Our main dance that we learnt was 'Under Pressure' by Queen. At the beginning of the song, it sounds a bit like 'Ice Ice Baby'. We start with a bit of a kick then one of the actions that we do is pushing down on your hands like your pressing something and we had to do it eight times on each side in time with the music. At the end of the session we did a 'Frozen' dance to cool down. We had scarved to use while we were doing this. And we had to throw them up and catch them and blow them as well to make it seem like a snow storm. For the carol service we performed 'Under Pressure'. I wasn't nervous, I was really excited to show my nana and grandad who came to watch so they could see what we had been practising. When we finished the performance everyone clapped and cheered. Some staff came to see me to tell me how well I had done, like Mrs Hamilton the head teacher. My nana and grandad told me they were very proud of me." - Kayden, 8N



ROCK BAND

We had 'Rock Band' come to school to sing us some rock songs. The lead singer was a lady called Georgina, and there was also three men. One was on the keyboard, one on the drums, and one on the guitar.

The hall was very loud and busy, and as soon as the songs came on lots of people got up to dance. But not me! 'Rock Band' sang Slade's 'So Here It Is Merry Christmas', Elvis 'Rocking Around the Christmas Tree', and Abba's 'Mamma Mia'. My favourite song, and everybody else's favourite song was 'Sweet Caroline' by Neil Diamond. Everyone loves singing to it, so nearly the whole hall was up dancing and singing along. I give Rock Band a definite 10 out of 10.



Enjoy, Learn & Achieve through music at Sir Charles Parsons School

Let's get cooking

"On Tuesdays at after school club, we do a 'Let's Get Cooking' club. We make lots of delicious dishes, sweet and savoury. There's three or four staff that do the club

and about ten students. When we make the recipes, we practise different skills, like mixing, chopping, weighing and most importantly at the end tidying up.

My favourite recipe so far has been omelette popovers, which were like mini omelettes that you make with eggs and you can add peas and cheese.

We've also made gingerbread men which were delicious even though we ran out of time to decorate them. We've also just made this Christmas recipe which was very nice, so you can try it at home.

I like going to the club because I get to learn lots of cooking skills which I get to do at home." - Kai, 10D

Cranberry and Orange Muffins

Ingredients

- 250g self-raising flour
- 140g golden caster sugar
- 1 x 5ml spoon bicarbonate of soda
- 2 x 5ml spoons cinnamon
- 85ml sunflower oil
- 2 eggs
- 2 clementines OR 1 orange
- 100-150ml semi-skimmed milk
- 150g dried cranberries

Instructions

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Put the paper cases into the muffin tin.
3. Mix together the dry ingredients (flour, sugar, bicarbonate of soda and cinnamon) in a mixing bowl.
4. Place the oil in the measuring jug.
5. Beat the eggs separately in a second measuring jug and add to the oil. Rinse out the jug.
6. Grate the zest from the clementines or orange.
7. Squeeze the juice from the clementines or orange into the jug. Add the milk until it comes up to the 200ml mark.
8. Add the milk and juice to the eggs and oil and mix well. Stir in the zest.
9. Pour the wet ingredients into the dry ingredients and stir until combined.
10. Fold in the dried cranberries.
11. Spoon the mixture into the paper cases.
12. Bake for 15-20 minutes, until risen and just golden.
13. Cool on the wire rack. Serve warm.

These muffins are full of traditional Christmas flavours, but they taste delicious any time of year! Soak the cranberries in orange juice for a few hours to soften them and give the muffins an extra zesty flavour too!



Kayden beating in the eggs and oil



Reagan making sure the mixture is divided evenly



Kai proudly displaying the finished muffins

Speech and Language News

It's been a busy few months in the SaLT team. We were pleased to be able to host a training session for parents from Sir Charles Parsons, Thomas Bewick and Hadrian schools. The session focussed on 'Using Visual Supports', demonstrating what they are and their importance for the young people. Suggestions were also given about how different visual supports can be used within daily life.

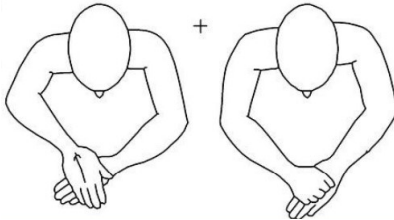
We will be holding further training sessions on the following dates:

- 'Supporting Autistic Communication' on Tuesday 13th February 2024
- 'Get Signing - Easter' on Thursday 7th March 2024
- 'Creating Communication Opportunities' on Friday 22nd March

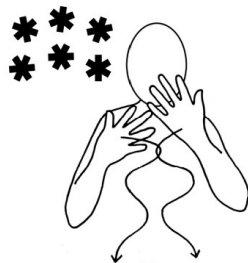
There'll be further information to follow nearer the time about where these events will be hosted.

Christmas is a very exciting time, with lots of ideas and things happening to communicate about with our young people. We have provided some Makaton signs that may be useful for you for over the festive period.

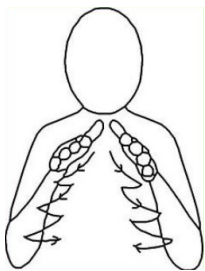
Christmas
Slide right hand over back of left hand towards the body, then close the right hand and place it on the back of the left hand.



Reindeer
Move hands up and out to show the size of the antlers.



Snow
Move hands with a swirling movement down in front of the body.



Christmas Tree
Move hands out from the centre of the body to draw the shape of the tree.

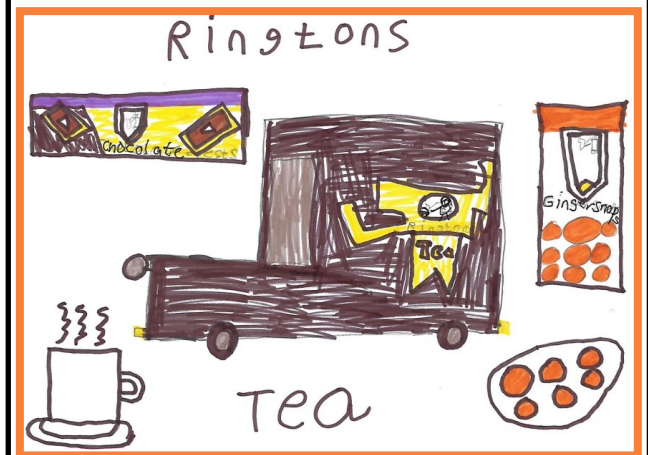


Our young people often learn more Makaton signs through seeing it used. 'Singing Hands' can be found on this website, www.singinghands.co.uk, with many of their songs also on YouTube. This is an enjoyable, alternative way to develop more confident use of Makaton signing. Mr Tumble is also very popular among some of our young people.

We have also had two new additions to the SaLT team. Catrin who is a speech and language assistant and Lily who is a speech and language therapist. You can contact Lily, Catrin, or any of the SaLT team either through the school office, or directly at Benton House on 0191 2106868.

WANTED!
THE 'FRIENDS OF SIR CHARLES PARSONS SCHOOL' WOULD LOVE TO WELCOME NEW VOLUNTEERS TO SUPPORT OUR FUNDRAISING. LOOK OUT FOR INFORMATION COMING IN THE NEW YEAR TO JOIN OUR COMMITTEE!

Thank you to Ringtons for their generous donation of two luxury hampers which were raffled.

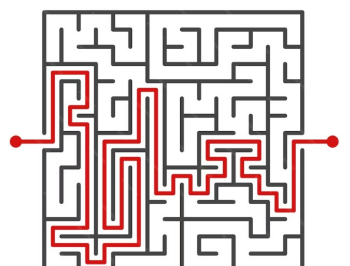
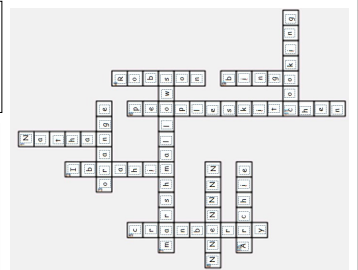


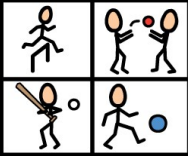
Advert by Kai, 10D



Puzzle Answers

.	C	T	S	E	R	O	W	A	L	K	.	S	I	N	G	I	N	G	.
.	C	H	R	I
.	B	I	S	T	.	H	A	R	V	E	S	T	E
.	N	G	.	.	.	R	U	N
.	O	S	W	I	M
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Sports News



Walking Group

What is it?
Stu and Leanne ask a small group of students if they would like to go for a walk around outside starting from school and walk over to the deli across the road.

Why do I like it? I enjoy it

because it helps me to keep fit and can help me lose weight, can help me keep calm if I have had a difficult day before and it gets me out of school to get fresh air.

Would I recommend it to other friends? Yes definitely. Because it's nice being out of school with your friends doing something different with them.

What do we talk about on the walks? We talk about how our weekend has been and what we have done, we also talk about what we want to do in our future after school. Like what jobs and things we can do with our friends.



Pounding the streets of Walker!

Morning Swim

In addition to the PE and swimming lessons that students take part in as part of their curriculum, some students have been identified as benefiting from additional swimming sessions. The sessions have a focus of developing speed, with short burst activities, with a few games added in for good measure! James tells us a little bit more.

"So basically I go to morning swim because it's very good for your health. I go every single morning except Monday because that's my PE day. As soon as I get into school in the morning I drop my stuff in the classroom then head off down to the office to meet everyone else who is doing the swim. There are different staff who do it each day, but usually it's Tom or Andrew.

We get ready really quickly then get in the water. We do something called 'time trials' where we have to break our time record from last time for swimming from one end of the pool to the other. My current PB (personal best) is 40 seconds. It's a quick session for about half an hour. Just enough to get me ready for the day before I go to lessons. I always feel happy after I have been in." - James, 8W



James in the zone, focussing on achieving a new PB



Wrapped up warm, ready for the off

SPECIAL MENTION...

Brenden in year 11 has made great progress this year in his swimming lessons. Mr Swann was very impressed at the way in which his attitude and concentration has improved. This has resulted in Brenden being much more confident in the water. We asked Brenden his thoughts and he said:

"This year in swimming I have been getting a lot better. I could always do a little bit of swimming but now I can the front crawl for longer and I can go a bit faster too. I can do about 20 lengths in a go now.

I'm looking forward to getting back in the pool after the holidays because I just love it so much. It's my favourite lesson, I wish I could live in the water.

It's good as well because it's good exercise for me and I really enjoy it, it doesn't really feel like doing normal exercise."