

CLARE MOUNT

SPECIALIST SPORTS COLLEGE

Newsletter

MARCH 2019

No. 140



GCSE Geography Fieldtrip to Osmington Bay, Dorset



Dear Parents/
Carers,

This half term may have been short, but it has certainly been packed with activities and events. Highlights include an inspiring Science week, including a Family Science evening, and a thought provoking Literacy week across the Curriculum, culminating in an exciting day dressing in costume to recognise World Book Day.

Thank you to the 'Friends of Clare Mount' for organising another fabulous Mother's/ Carer's Day gift shop. Their efforts are very much appreciated, not only for the funds they raise, but for the opportunity they provide for our students to show their gratitude to those who care for them. Further fund raising events such as Year 9's 'Roll a pound' event for Bliss Babies and our 6th Form making pompom red noses for Comic Relief have kept students busy and focused on helping others.

This term saw a group of Year 9 and 6th Form students enjoy a fantastic week at the 'Calvert Trust' centre in the Lake District, where they climbed walls and mountains and especially enjoyed 'ghyll walking'. Whilst Year 8 headed to Boreatton Park and students took part in archery, fencing, raft building and quad biking, to name but a few things. Not only did all our students

thoroughly enjoy their residential trips, making the most of every opportunity, they were a credit to our school in their exemplary behaviour.

Another group of students are currently in Greece representing Clare Mount at the Sixth International Schools Federation World Sports Games in Athens. This is a fantastic experience for our young people! We are really looking forward to their return next week and hearing all about their adventures and experiences.

Year 10 and Year 11 Geography students are just back from their trip to Dorset where they studied coastal erosion and the impact of tourism. The group were very fortunate with the weather, as you'll see from the article later on and the tweets accessible on the school website.

I would like to thank the members of staff who give up their evenings, weekends or part of their holiday to accompany our students.

Our Celebration Assembly on Thursday again provided us with the opportunity to celebrate the successes of so many of our students. In addition we heard 'snippets of wonderfulness' about our students, when they've been a role model or demonstrated thoughtfulness, caring and respect for others.

I continue to be impressed with the willingness of staff in our school to

go the extra mile and provide our students with both the opportunities to go out of Clare Mount on trips, but also to take part in organised events in school. Such experiences greatly benefit the students' learning; helping to develop their confidence, whilst broadening their knowledge of the local and wider environment.

May I take this opportunity of wishing you a very happy break and remind you that spring break and Easter do not coincide this year. Therefore, school re-opens on Mon 15th April and will be closed again for Easter bank holidays on Fri 19th and Mon 22nd April.

Kim Webster, Head Teacher



Pupils celebrated Literacy Week earlier this term incorporating World Book Day into the celebrations. Pupils were able to enter competitions, tackle a tricky quiz and visit Clare Mount's free book shop (where they were all able to help themselves to a free book) and dress up in their favourite book-inspired costumes. A huge "Thank You" to all staff, pupils and parents for supporting Literacy Week and World Book Day.

Mr Lindsay



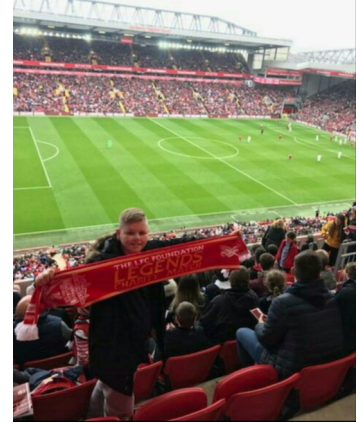


cashforkids

Lewis experiences Liverpool Legends



Lewis was the lucky recipient of 2 free tickets to watch the Liverpool FC Legends v Milan Glorie game in Anfield on Saturday. Lewis was rewarded for his consistent hard work, manners and always getting things right in school.



Luckily for Lewis, Liverpool were the winning side in a thrilling 3-2 win, with Steven Gerrard scoring the winning goal. Lewis loved the game and has a match programme and scarf to remind him of this brilliant experience. Well done Lewis.

Mr Gavin



This year for Comic Relief Sam and Alfie (9AL) helped Miss Wilson to sell Red Nose merchandise throughout the school. Then on Fri 15th March we held a "Bake Off" between staff and pupils. The winning cake was from Jess J in Yer 9. We then continued our fundraising with a cake sale with the help of Mrs Badzire and 6th Form. As a school we raised £174.00 for Comic Relief. Well Done Everyone.



Miss Wilson

The Winning Cake from Jess J

Double Champions

Earlier this term Clare Mount School succeeded in winning both the Football and Basketball K.S.3 Merseyside Tournaments at the Greenbank Sports Centre in Liverpool.

In the Basketball we entered two teams finishing 1st and 4th in the competition with both teams demonstrating excellent attitudes and teamwork.

The Squad



The Winning Team

in the Football tournament the team won all their matches, conceding just two goals and again demonstrating excellent group dynamics and cooperation.

The winning squad



A massive well done to James, Callum, Tommy, William, Lewis, Reuben, Ben R, John, Alfie, Freddie and Ben S.

Mr Atkins



The week beginning 11th March saw, once again, Science lessons being taken over by British Science Week. This meant lots of fun mixed in with learning.

On Thursday evening we welcomed families of Year 7&8 students as well as some of our future students to have a taste of science activities we do at Clare Mount. Everyone had a good time.



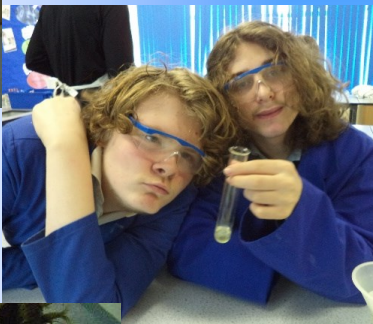
Year 7 investigated custard and fake snow; both non-Newtonian fluids



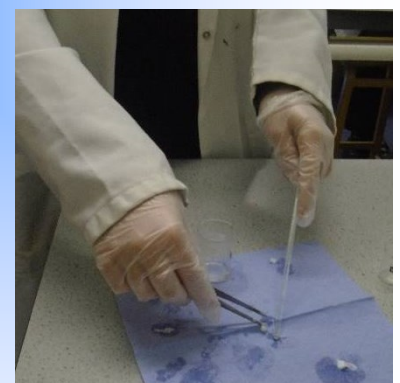
Year 8 successfully (in most cases!) completed a 'mars lander' challenge



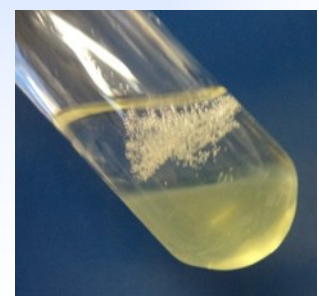
Year 9 did the ever popular bouncy ball and elephants toothpaste experiments



Year 10 made a soft cheese, nylon and extracted DNA from kiwi fruit



This fantastic kiwi fruit DNA was extracted by Kieran and Nathan



Photos from our family drop in evening



Science Week Form Challenge

Each form was set the challenge to make an eco-brick. This is something you might like to try at home. For further instructions and information please visit : <https://www.youtube.com/watch?v=MQYsXxHKgMk> to find out how to make an eco-brick and <https://www.youtube.com/watch?v=cbPt1Jn3YLw> to find out about international projects. Any completed eco-bricks can be brought into school and we will send them on.



8B all make eco-bricks



Wellbeing Week took place between 25th February and 1st March. It was a brilliant chance to launch our new Well-being Vision: Clare Mount at its 'B.E.S.T.'

This is based on The '5 Ways to Wellbeing' national health framework (Be Active, Take Notice, Give, Learn and Connect) After a special launch assembly, during which the students were introduced to 'Pranyama' (Yoga breathing exercises) a fantastic menu of activities happened throughout the week including:

- Learning how to play 'Ultimate Frisbee and Kin-Ball'
- A daily healthy 'tuck shop'
- Tennis coaching
- Yoga for the staff and students
- Wellbeing Poster Competition (to design the display in the school canteen)



The week ended with a visit from the Military Style Education team and their inflatable assault course; every student (and most of the staff) had an opportunity to take part. A brilliant week!

Mr Byrne



Health & Wellbeing

Clare Mount celebrated Health Week the first week back from half term. During the week we introduced a new activity called Kin Ball to the curriculum. Kin Ball is proving to be very popular amongst the pupils. It involves two teams and giant inflatable cloth covered balls. There are a lot of different games that can be played using the Kin Balls and the Year 11 Leadership group are currently teaching Hayfield on a Mon afternoon some of these games.

During health week pupils and staff also participated in a carousel of physical activities including cycling, Yoga, fitness as well as trying out Kin Ball for the first time. We discussed the importance of healthy body and minds and the different ways we could achieve this every day.

Miss Wilson



Congratulations!



Connor C and Vicky H completed the February challenge from 'Race at Your Pace' of walking 10 miles with Mrs McLeod. Looking forward to March's challenge of 20 miles!

GCSE Geography

18 Year 10 and 11 GCSE geography pupils had a fantastic time on their Geography fieldwork trip to sunny Dorset. The pupils looked at coastal features including the spectacular Durdle Door and looked at the impact of tourism in Weymouth and Lyme Regis. They stayed at a PGL centre and had enjoyed activities including orienteering and rifle shooting. On the Mon we went fossil hunting and had lots of great finds including 150million year old ammonites !





We were here!

Travel & Tourism

Year 10 students have been looking at UK Travel Destinations including seaside resorts, places of historical interest and national parks. We chose to visit Chester to see what it has to offer to visitors as a tourist destination. We identified key tourist sites including the Castle, Amphitheatre and the Roman Gardens. We also walked the city walls, watched the Roman Dewa Experience in action and visited the Storyhouse. Students called at the Chester Visitor Centre to collect leaflets and information to help them to produce a PowerPoint on Chester as a tourist resort.

Mrs Spracklen



Travel & Tourism

As part of our work on Customer Service in Travel and tourism, we set up Clare Mount Travel Agency on Tuesday 5th February. The students became Travel Agents for the day and completed customer questionnaires with students and staff. They were expected to find out what the customer required and then make recommendations on suitable holidays. Visitors were very impressed with the friendly and professional service they received:

"James listened carefully to my requirements and confidently suggested a holiday location. His tone was welcoming and very positive"

"Kacey was able to answer all my questions in a clear and concise way and she made my experience a very pleasant one"

"Vicky asked me relevant questions and listened to my requests"

"Jade was smartly dressed, friendly and willing to help"

Mrs Spracklen



6th Form

The focus in Sixth Form this half term is world of work. We have been completing our ASDAN Work Awareness module and had a visitor in to the Sixth Form Centre. Roberta came in to tell us about the 350 jobs in the NHS—we tried on stethoscopes too! Miss Vicars's form group went on a visit to the hairdressers; Mrs McLeod's form group went to LIDL; and Mrs Cooper-Shone has taken students on 5 College trips! Tina from mellcap came in too. The expressive arts group have decorated stones for the outside of the centre and the gardening group have planted daffodils to pretty the place up! The peer mentors made clay vases and we took a train trip. The enterprise group are making some crafts for Easter too. We also visited the HIVE again for Leisure. All in all we have had a pretty busy term!!





Our busy
6th Form
students



Sixth form enterprise have made Pompom red noses to help Year 9 with fundraising for Red Nose Day.



YOUTH CONNECT 5 A FREE, FIVE-WEEK COURSE FOR PARENTS AND CARERS ACROSS CHESHIRE & MERSEYSIDE

This term a small group of parents have completed a training course, called Youth Connect 5, delivered by the Clare Mount Wellbeing Support team .

The course is completed in 10 hours spread, over 5 weeks and each of the parents who have completed the course have found it very helpful. The course covers topics such as mental health, coping with stress, understanding adolescent brain development, resolving conflict, building resilience, dealing with adversity and developing positive strategies for communication. If you would like more information, or to join us on a future course in the summer term ,then please contact school and ask for Mrs McCannon.

Mr Byrne

Movema World Dance Training

Mrs Poynton and 6 teachers from our cluster primary schools took part in an afternoon of training in Dance with Movema Dance Company. They explored one of the company's teaching resources 'World in a box' and had a fantastic time creating dances from all over the world. The summer term will focus on all our schools creating world dances to be performed at our annual Dance Festival here at Clare Mount. The students are in for a bright and colourful treat; watch this space!

Mrs Poynton





YOUTH CONNECT 5 A FREE, FIVE-WEEK COURSE FOR PARENTS AND CARERS ACROSS CHESHIRE & MERSEYSIDE

Youth Connect 5 gives you the knowledge, skills and understanding to help your children develop strong emotional wellbeing.

You'll learn about resilience techniques that will strengthen your child's ability to deal with adversity, threats or even significant sources of stress - skills that will remain with them into adulthood.

As parents, we can't always control life's situations, but being able to handle these challenges comes from having strong skills of resilience - we like to think of it as being able to bounce back when life gets tough.

SESSIONS WILL TAKE PLACE IN VENUES THROUGHOUT CHESHIRE & MERSEYSIDE

FOR MORE INFORMATION AND TO BOOK A PLACE AT A VENUE LOCAL TO YOU, PLEASE VISIT WWW.YOUTHCONNECT5.ORG.UK



Developed from the original Connect 5 programme led by Stockport Council and further adapted and delivered by Merseyside Youth Association, Youth Connect 5 is commissioned by Champs Public Health Collaborative and funded through Health Education England.



Article by Amelia, 6th Form:

Mon 25th February 2019- 33 pupils and 11 staff travelled on the coach to Calvert! We left school at 11:30 on our way to Calvert we arrived at Windermere where we stopped to

have our lunch. After which was a 46 min drive to Calvert. When we had arrived at Calvert we unloaded the coach of our luggage when we all had to go to the dining room, where we got told who we were sharing rooms with the first evening we each got into our own groups called Grizedale, Skiddaw, Dodd, and Barf sum of the groups went up a mountain called Latrigg it was very cold !! After a good night's sleep on Tuesday morning we did our first activities which we did for the rest of the week!



We all had an outstanding week. Massive thank you to:

Mr Taylor, Mr Laird, Miss MacLean, Miss Vicars, Mrs Cooper shone,
Mr Egan, Mr Byrne, Mrs Stephenson, Mrs McCannon Mrs Hewitt,
Ollie Stanley

Amelia "I had an outstanding time again at Calvert it was great fun and I enjoyed seeing all of the pupils having fun with their friends and experiencing Calvert. My favourite parts about Calvert were Ghyll scrambling, swimming and eating sticky toffee pudding, and going into the sports hall Jordan and I played basketball and we played against Mr Taylor and Mr Byrne

"Jordan liked going on the bikes and going in the games room

"Codi canoeing was my favourite because my group pushed Mr Byrne into the water!!!

"Jack Calvert was great I enjoyed doing everything

"Colin I really enjoyed Calvert because of the bikes they were great fun. I liked the food and chilling in the games room.

Boreatton Park 2019



In March Year 8 went on a three day residential trip to Boreatton Park in Shropshire.

During the three days the children had the opportunity to take part in some fantastic activities including: high wires, quad biking, raft building, fencing, archery a zip line.

The ten staff who accompanied the children thoroughly enjoyed watching them take part in adventurous activities and challenging themselves to face their fears and try new things.

The children shared bedrooms with their friends and we all slept in a log cabin near the woods. Highlights of the trip included toasting marshmallows around the campfire, dancing in the disco and also the raft race that everybody took part in, even some staff!

The children's behaviour was excellent and Mrs Mault was extremely proud of her year group. Well done to everybody who attended!

Mrs Mault





Clare Mount Specialist Sports College is the Youth Sport Trust Lead Inclusion School for Merseyside.

Here are some of things we have been up to in 2019 so far:

- Created a School Games participation opportunity for 70 young people on Merseyside with complex additional needs through the motor activities training programme
- Trained 65 training teachers at Liverpool Hope University to be able to use the motor activities training programme as part of their PE lessons
- Trained 16 young people from Wirral schools and 4 staff from the Hive Youth Zone to be wheelchair basketball activators
- Worked with LFC Foundation to deliver Unified Football sessions to over 200 young people at North Liverpool Academy, Clare Mount Sports College, Ridgeway High School, Prenton High School, South Wirral High School and Woodchurch High School
- Worked with 16 young people and 16 young people at Prenton High School and Clare Mount Sports College to look at how girls with autism can be supported to 'Find their Tribe'
- Trained 5 teachers and 2 LJMU Sport Development students in how to run inclusive focus groups to find out what barriers female students with autism may face and how to overcome these.



We have been listening to what the young people want, and will be using the Focus on Me student voice going forward. The young people will be getting themselves involved in glowsports and horse riding!

- Trained 100 sports leaders, teachers and teaching staff in Prenton High School, Clare Mount Sports College, Ridgeway High School, Birkenhead Prep School, South Wirral High School and Weatherhead High School in England Boccia Skills Award with employability skills



- Trained 175 training teachers and primary school teachers on how to be more inclusive when teaching PE and Sport



- Trained 32 Active Age Leaders from South Wirral High School and Clare Mount Sports College



- Having now gained important skills from the training, the young people will be working with older people in the community using the power of sport and physical activity to bring the generations together



Schools, local authorities, care organisations and the Department for Education are watching this project closely across the UK!

- Worked closely with our 'soft federation' partner school Orrets Meadow Primary to develop autism resources and outstanding ideas for young people with autism in PE in primary schools
- Worked with 13 training secondary PE teachers to create and deliver an Inclusive Tag Rugby Festival at Clare Mount's Sport Premium partner school Holy Spirit Primary for 60 young people
- Worked with the LTA Foundation to offer 26 young people from Clare Mount Sports College the chance to access personal growth and life skills through the 'Beyond the Baseline' programme

Clare Mount PE Department host a Wirral 'teach-meet'

On 13th February, Mr Stanley, as part of his role as Lead Practitioner for PE with The Youth Sport Trust (YST), and the Schools, Students and Teachers Network (SSAT) hosted a 'teach-meet' for PE teachers and primary school teachers across Wirral. 40 professionals attended. The idea of a teach-meet is for teachers and other staff and volunteers to discuss new approaches to teaching, new qualifications available to young people and more importantly, it is an opportunity for teachers to 'network' and offer support to each other.

The afternoon was a big success with:

87% of attendees rating it good or excellent

93% of attendees describing the network table facilitators as good or excellent and

100% of attendees stating that they would attend any future such events.

Network tables were led by 5 Clare Mount staff; Mr Gavin, Mr Stanley, Mr White, Mrs Poynton and Mrs Corcoran and by 5 invited experts from Edsential CIC, The Youth Sport Trust and Military Style Education.

Mr Byrne



Term Time Schedule 2018 - 2019

Spring Term

Open	Mon 7 th January 2019
Close for half-term	Thursday 14 th February 2019
Inset day	Fri 15 th February 2019 <i>(school closed to pupils)</i>
Open	Mon 25 th February 2019
Close for Spring Break	Fri 29 th March 2019

Summer Term

Open	Mon 15 th April 2019
<i>Closed (Good Fri)</i>	<i>Fri 19th April 2019</i>
<i>Closed (Easter Mon)</i>	<i>Mon 22nd April 2019</i>
<i>Closed (May Day)</i>	<i>Mon 6th May 2019</i>
Close for half-term	Fri 24 th May 2019
Open	Mon 3 rd June 2019
Inset day	Fri 21 st June 2019 <i>(school closed to pupils)</i>
Close for summer	Wednesday 24 th July 2019

NOTE: Easter Weekend (Fri 19th April & Mon 22nd April) and Spring Break (Mon 1st April – Fri 12th April) do not coincide.

Term Time Schedule 2019 - 2020

Autumn Term 2019

Open	Monday 2 nd September to Friday 25 th October
Half-term	Monday 28 th October to Friday 1 st November
Open	Monday 4 th November to Friday 20 th December
Christmas Holiday	Monday 23 rd December to Friday 3 rd January

Spring Term 2020

Open	Monday 6 th January to Friday 14 th February
Half-term	Monday 17 th February to Friday 21 st February
Open	Monday 24 th February to Friday 3 rd April
Spring Break	Monday 6 th April to Friday 17 th April

Summer Term 2020

Open	Monday 20 th April to Friday 22 nd May
May Bank Holiday	Monday 4 th May
Half-term	Monday 25 th May to Friday 29 th May
Open	Monday 1 st June to Monday 20 th July

Please note there will be additional INSET days when school will be closed to pupils