

Clare Mount Specialist Sports College



Autumn
Newsletter
Half Term
2018



Dear Parents/Carers,

I'd like to start by saying welcome and well done to our new Year 7 cohort. The transition to secondary school can be difficult but it has been lovely to see so many settle into life at Clare Mount so quickly and get involved in all the things we have on offer. Also, it has been great to see so many of our Year 7 Parents and Carers at the Family Welcome sessions.

Clare Mount Specialist Sports College welcomed several new members of staff this term: Mr Byrne joining us as Director of Health and Well-being, Miss Murphy as Science Teacher, Miss Hanson, Miss Lacey, Mrs Beattie, Mrs Tracey, Miss Cordy, Miss Gillett, Mr Scott and Mr Egan as Teaching Assistants and Mr Egan providing Administrative support. All have settled well into their new roles.

We were again delighted with our pupils' excellent summer exam results. The continued high standards are a reflection of the partnership, dedication and effort that the staff and pupils put into their work, combined with the support of our parents. Well done to all our talented students; your hard work has certainly paid off! We send our best wishes to those students who have successfully transferred to their chosen college courses and warmly welcome back those who have returned to our 46 pupil strong Sixth form.

Our Autumn term has got off to a flying start with our Science department achieving a Gold level award. Science Mark is a standard only 15% of secondary school science departments will meet, so this is a real achievement!

Most of our Year 11 pupils completed a three day Silver Duke of Edinburgh Award Exploration in September, an achievement for which they should be very proud. You can read about this further in this Newsletter.

We are very proud of all pupils, no matter what their achievements and look to ensure they reach their full potential, regardless of their ability. With this at the heart of our school culture, we are proud to announce we are aiming to become a Unicef UK Rights Respecting School. Find out more inside.

Finally, a huge thank you for your support in ensuring pupils arrive to school on time, attend regularly and are dressed in the correct uniform.

Kim Webster

Headteacher



Family Welcome



We would like to thank all parents and carers who have attended our Family welcome programme this year. It has been a delight to meet you all and welcome you all to Clare Mount.

We hope that you have enjoyed coming into school and taking part in the activities and spending time with your children. Thank you again!

J Randles, S Vasey & the Year 7 Team



Year 7

This half term, we have welcomed our new cohort of pupils into Year 7 at school. We are all really proud of how these pupils have begun their transition into life at Clare Mount.

They are working on our year group target of following instructions to enable them to feel 'settled and safe'. All our Year 7s are doing extremely well with adapting to their High School environment and I asked some of the pupils what they think of Clare Mount Specialist Sports College so far.

"I like the school lunches and IT and Drop-In Lunchtime activities are good fun" - Jake.

"I really like dance club at lunchtime. Clare Mount is fun!" - Jodie.

"I like Clare Mount, the dinners are good and everyone is nice." – Lucas.

"The teachers are great and I've met a lot of new friends." - Paddy.

Mrs Croucher

Another First for Clare Mount

The Science department are delighted to announce that we have been awarded the prestigious GOLD Science Mark.



Science Mark was created by 'STEM Learning' to recognise and celebrate best practice in science departments across the UK. Schools and colleges receive the Science Mark when they can show that they are delivering inspiring lessons for students and demonstrate their department's commitment to high-quality science education.

We are one of only 15% of secondary schools in the country to be awarded a science mark award and the first SEN school ever to achieve this recognition.

This is some of the feedback our assessor gave us:

"Your proud descriptions and evidence indicate a lively, hard-working and vibrant Science department where the learning and engagement of your pupils are paramount, and where you clearly have personal investment in how they thrive. The science team is very strong, and stable, and you ensure that pupils no matter what their starting point, are able to progress."

Mrs Nokes

SCIENCE CLUB



The new school year has seen an influx of new members to KS3 Science Club. It has been really lovely to see lots of new Year 7s join us and bring their excitement and enthusiasm for Science.

We have been exploring lots of Science topics but a particular favourite was looking at non Newtonian fluids and how they can be made using household items. The slime we made was a great example (if a bit icky sticky).

In the coming weeks the students are looking forward to making their own sparklers for Clare Mount's Fireworks Week and also having a go at some Christmas themed experiments.

New members are always welcome. Please see a member of the Science department for details.

Mrs Fogerty





Clare Mount Supports Forum Housing

Pupils brought in a fantastic amount of food for a Harvest Festival which was donated to Forum Housing to support young people in Wirral who have been effected by homelessness.

Thank you to everyone who brought a donation in!

Humanities Team





Wirral Foodbank will be offering meals to families in the Birkenhead area during October half term. Please visit the school website for further details.

The poster has a vibrant red background with a large, white, stylized letter 'S' on the left side. In the background, there is a detailed illustration of a crown. The text is arranged as follows: 'Clare Mount's Performance of : "As You Like It"' in yellow, '20th November 2018' in yellow, and 'SHAKESPEARE SCHOOLS FESTIVAL 2018' in white and yellow. The year '2018' is particularly large and stylized in yellow with a halftone pattern.

Tickets available soon!



Unicef UK



Rights Respecting School

We are becoming a Unicef UK Rights Respecting School!

Clare Mount Specialist Sports College aims to be a school where children's rights are at the heart of our ethos and culture, to improve well-being and to develop every child's talents and abilities to their full potential. As part of this plan we are working towards recognition as a 'Rights Respecting School', an award given to schools on behalf of Unicef UK.

Unicef is the world's leading organisation working for children and young people and their rights. In 1989, governments across the world agreed that all children have the same rights by adopting the UN Convention on the Rights of the Child (UNCRC). These rights are based on what a child needs to survive, grow, participate and fulfil their potential.

Clare Mount pupils and adults will learn about the UNCRC by putting their rights into practice every day. A Rights Respecting School models rights and respect in all its relationships, whether between adults and pupils, between pupils or between adults.

Headteachers from schools involved in the Award say it has improved children's and young people's respect for themselves and others and contributed to children and young people being more engaged in their learning.

We really hope that you will be able to support our school on our journey towards becoming a Unicef UK Rights Respecting School. It is proven to benefit everyone in the school community to grow and learn together. It would be great if you could spend a few minutes reading through our questions & answers on the back of this letter, and also find a bit more about the Convention on the Rights of the Child by visiting: [unicef.org.uk/crc](https://www.unicef.org.uk/crc)

For further information about Rights Respecting Schools please visit: www.unicef.org.uk/rrsa

BECAUSE
EVERY CHILD
IN THE WORLD
HAS ONE THING
IN COMMON.
THEIR RIGHTS.



What is the Convention on the Rights of the Child?

In 1989, governments worldwide promised all children the same rights by adopting the UN Convention on the Rights of the Child. The Convention recognised that all children have the right to be treated with dignity and fairness, to be protected, to develop to their full potential and to participate. The rights in the Convention describe what a child needs to survive, grow, and live up to their potential in the world. They apply equally to every child, no matter who they are or where they come from.

The Convention changed the way children are viewed and treated – in other words, as human beings with a distinct set of rights instead of as passive objects of care and charity. It is the most widely ratified human rights treaty – only the United States has not ratified it. The UK signed up to it in 1991.

You can read more about it at www.unicef.org.uk/crc and download a summary of the articles at bit.ly/CRC-over11

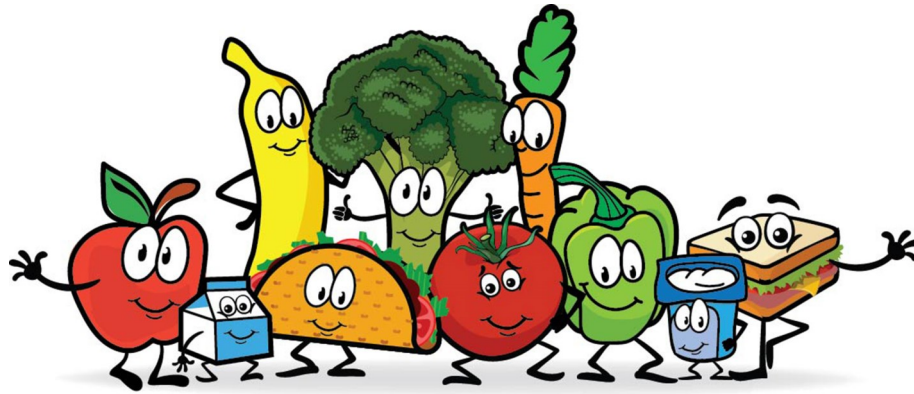
What is Unicef?

Unicef is the world's leading organisation for children and young people, promoting the rights and wellbeing of every child, in everything they do. Together with their partners, Unicef works in 190 countries to translate that commitment into practical action.

Unicef UK is a registered charity. It raises funds through donations from individuals, organisations and companies and campaigns to keep children safe. Unicef UK also works with schools, hospitals and local authorities in the UK to put children at the heart of what they do.

To find out more about Unicef, go to www.unicef.org.uk

Mrs Boyle



School Meals

The cost of a school meal is £2.30 per day; payment should be made at the beginning of the week for the week ahead. Arrangements can be made for children to have school meals every day or just on set days each week but we ask that these arrangements are maintained; changes can be made, with advance notice, at the beginning of each new half term.

Your child may be entitled to

Free School Meals!

Apply at www.wirral.gov.uk/free-school-meals or e-mail freeschoolmeals@wirral.gov.uk and include your full contact details, including your national insurance number plus your child's name, date of birth, and the school they attend.

Coming soon...

To a Science Lab near you

FIREWORK WEEK!

SAFETY!!



Sparklers



Fireworks in
other cultures



History and traditions
of bonfire night

Flame



Monday 29th October 2018
to
Friday 2nd November 2018

St. Chad's



This is St Chads church where we as year 10, 11 and post 16 (also known as 6th form in Clare Mount) always go to every Wednesday and Thursday from 12 till 1pm and it is amazing.

I love St Chad' on Wednesdays and Thursdays. We have vouchers for 1 toast, 1 cake or biscuit if wrapped and two biscuits and if you have a school dinner every day you get our amazing cook's sausage rolls.

We get to have a free cup of tea coffee or hot chocolate. The hot drinks are optional. You can also buy cans from the tuck shop at St Chads.

At St Chad's drop in we can socialise, play computer games, pool and table tennis. It is great fun.

by Morgan

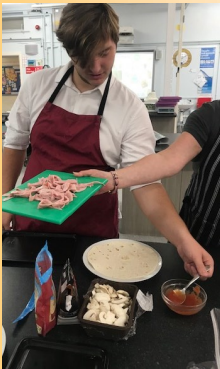


Cooking Club



We are pleased to announce that cooking club is up and running, once again.

The aim of the club is for KS4 pupils to learn about how to prepare healthy snacks and meals, by themselves. Cooking is certainly one of the most important, independent skills and as the pupils are becoming young adults we have decided to focus on this in particular.



The main purpose of the club is not only to learn how to cook and be confident in food preparation, but also how to be safe when cooking and be able to recognise healthy products and meals.

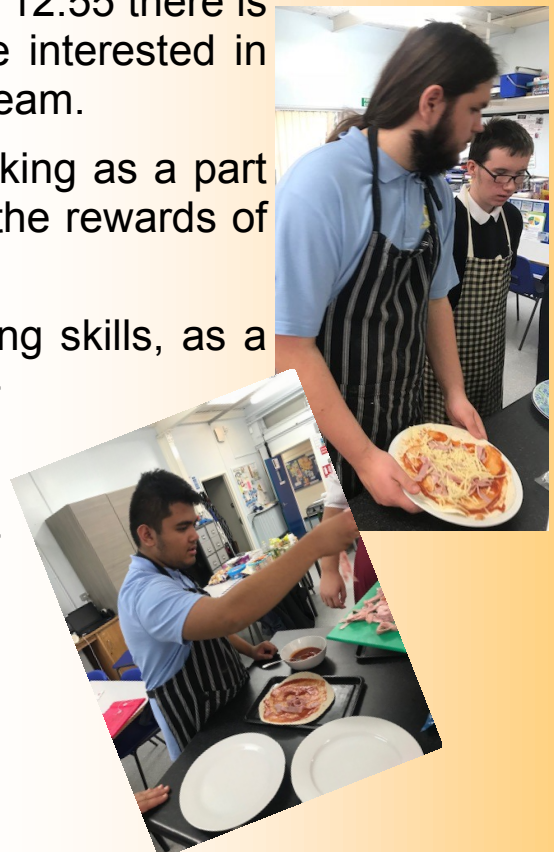
Pupils are able to discuss what they want to prepare for each session and plan menus for the following week. Every Friday from 12:00 to 12:55 there is an opportunity for those pupils who are interested in cooking to take part and join our lovely team.

It honestly is a great time together, working as a part of a team, being creative and enjoying the rewards of delighting in their culinary creations.

If you would like to improve your cooking skills, as a hobby, or you are thinking about pursuing a career in the catering industry in the future, or if you simply want to find out a bit about healthy eating and positive dietary choices, then come along.

Please see Mr Kwiecien or Mrs Boston to find out more.

Bon Appetit!





A group of twenty Year 11 pupils set off on their three day Silver Duke of Edinburgh Award Exploration on Wednesday 26th September until Friday 28th September. The challenge is to successfully complete six hours of activity each day. The first day involves walking in groups from West Kirby to Willaston using the Wirral Way. Lunch at Thurstaston was followed some time later with ice creams at Parkgate before the final push to the end of the journey on the first day.

A weary group of students then travelled to Quinta Residential, near Chirk. On arrival pupils were expected to pitch their tents and prepare their evening meal using camp cookers. A wide selection of meals were eaten that evening by some very hungry travellers; noodles being the most popular choice. A camp fire then followed which made everyone feel warm and toasty especially as the nights were starting to close in.

The next morning saw breakfast being eaten and lunches being made by students before walking the two hours to Chirk Castle. After lunch students had the opportunity to visit the castle and it's grounds before walking back, via the Llangollen Canal which included the 420 meter tunnel and the aqueduct.



Another evening campfire accompanied by sausages and burgers rounded off a fantastically active day. The campsite was a lot quieter the second night!

Day three welcomed an early start. Packing bags, stowing tents and preparing for the trip back to the Wirral for more walking. A quick lunch at Thurstaston allowed all participants to make it to the final destination of West Kirby before returning to school, tired but very proud of what they had achieved.

A big thank you to all staff who volunteered their time including Miss Wilson, Mr Atkins, Mr Brooks, Mr Scott and Miss O'Looney who all contributed to making the trip so successful.

Mr Stanley

Cricket Club

Monday Nights 3:25 - 4:15 and

Thursday 12:30-12:55

Cricket Club has launched again on Monday Nights with Mr Kearney and Mr Brooks throughout the school year. Attendance is already up markedly on last year with new players from all years joining the group. This is run in conjunction with Thursday Lunch Time club which allows those who can't stay on Monday night to join the squad and enjoy themselves playing cricket, socialising and improving their skills. There are upcoming indoor Cheshire Tournaments and we will be getting ready for the outdoor season so watch this space for results and events.



Mr Kearney



Letters for the 2019 residential to Paris have gone out this half term—if you haven't received yours, please see Mrs Neill as soon as possible. Thank you.

Mrs Neill



**You are invited to our:
Next Steps Event**

Thursday 17th January 2019

You can drop in between

4.00pm & 5.30pm

We are holding an Information Fair for you to attend.

We have invited a variety of Colleges, Support Providers and Transition team who can provide you with information on education, training and learning opportunities available to your child after school.

We will send you letters in December with more information but in the meantime please reserve the date!!!

Miss Magnall

College Open Days & Evenings 2018 & 2019



Wirral Met College All Four Campuses
Conway Park, Twelve Quays, The Oval & Wirral
Waters Campus
0151 551 7777
Thursday 17th January 2019
4.30pm to 7.00pm
www.wmc.ac.uk



Cheshire College
Ellesmere Port & Chester Campus
01244 656555
Monday 19th November 2018 5.30pm to 8pm
www.ccs.w.ac.uk



Birkenhead 6th Form College
Park Road West, Cloughton Village, Wirral,
CH43 8SQ
0151 652 5575
Thursday 29th November 2018 , 6pm to 8pm
www.bsfc.ac.uk



The City of Liverpool College
All City Centre Campuses
Arts Centre, Clarence Street, Duke St,
Learning Exchange & Vauxhall Road
Wednesday 17th October 2018, 6pm to 8pm
0151 252 3000 www.liv-coll.ac.uk



Coleg Cambria
Holywell Road, Northop, CH7 6AA
0300 30 30 007
Saturday 17th November 2018
10.00am to 1.00pm
www.cambria.ac.uk



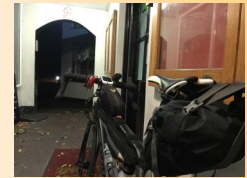
Herr Kutz goes Nutz Sponsored Ride



On Thursday 26th July 2018, at exactly 8am my epic journey across the length and breadth of Wales began.

The first stage of the ride was approximately 315km to Llantyrwyd Wells, riding down the Wye Valley through Tintern Abbey to Chepstow and then turning north again.

The type of riding I do is called Audax. It is long distance endurance riding, where the rider has to think about what to eat, how much to eat, and when to eat. Drinking fluids is very important whether the weather be hot or cold as the rider loses lots of fluids through sweating. The last consideration is rest and sleep. Where to rest and when can be



determined by how you feel. On this ride I slept in a bus stop; the porch of an outward bound building; and on the side of the road of the Hirnant Pass. The bracken was really comfortable to lie on.

This first day turned out to be very hot with a lot of climbing. I drank 10x1.5 litre bottles of fluids and had a tyre blowout to contend with. I eventually got to our first rest station at 4.30am on the Friday morning. In the first 35hrs of the ride I had approximately 45 minutes of sleep!

The second stage took me over to the west coast of Wales to Fishguard, down to St David's, along the south coast of Wales heading east, passed Saundersfoot, and then turning north again to finish back at Llanwrtyd Wells for some more rest.

This second day was cooler, and cloudier, however, the tiredness was catching up on me, again there was a lot of climbing with one particularly steep road out of Fishguard and again it wasn't without incident as a bat flew into me! I got back to Llantyrwyd Wells at

3.45am. Another 300km day completed, but so, so tired!!

The third day and stage was full of incident, and the day that nearly broke me. My route was to take me across to the west coast of Wales, to Aberystwyth, and then north along that coast. To get to Aberystwyth I had to climb the Devil's Staircase, being a series of climbs with some as steep as 25%, and then across the Elan Valley to the mountain road which would take me into Aberystwyth.

The climbs were punishing but once in the Elan Valley the road levelled out. However, a cloud burst meant I was pelted with hailstones the size of marrowfat peas! That wasn't the worst of the day as later on a gust of wind blew me over causing me to gash my right knee! Fortunately I carry a first aid kit with me, so I tended my knee and rode carefully to Aberystwyth. I was losing time to finish within the allotted time of 75 hours from start to finish of the Audax.

On the Sunday I set off heading up the west coast. The weather was awful with heavy rain. I rode through Machynlleth, Barmouth and up to Caernarfon where I turned east towards Lake Vyrnwy.

This last leg was over 350km to finish where I'd started in Upton Magna, just to the east of Shrewsbury. I finished at 1.30pm on Monday 30th. I'd ridden 638 miles, with a ride time of 73 hours in the saddle. I'd climbed over 45000ft and burned over 43800 calories. I lost 8lb in weight.

My main object for completing the ride was that I was doing it for two very special charities. My motivation for completing the ride was the inspirational students I work with at Clare Mount. The music they provided helped me so much. John Denver's 'Country Road Take Me Home' became an ear worm. It was so apt!

My sponsorship site in BT 'My Donate' is open until the end of October. If you have yet to donate, I would hope that my story will encourage you to do so.



Mr Cutts



DODGEBALL

The school dodgeball team travelled to Greenbank Sports Academy in Sefton Park on Thursday 11th October. Twelve pupils from Year 7 to 10 had trained every lunch time and were selected for their passion, enthusiasm and commitment. For some of the members, it was their first experience of representing the school. All pupils acquitted themselves well showing great team work, respect, enjoyment and sportsmanship.



The team played well in the preliminary rounds, winning two and losing one game. They went into the semi final against the favourites from Crosby High School. Despite valiant efforts the team lost but all players retained their discipline and kept going until the end. Medals were awarded for their participation and effort. A good day was had by all and the team are now looking forward to both more practice and the opportunity to exact revenge in the May tournament.

Mr Stanley

Inspirational visit from Olympian and World Champion Shanaze Reade

Joining us for assembly this term was a special guest. Olympian and World Champion Shanaze Reade came to Clare Mount to support the cycling programme, which runs here.

The cycling programme (which includes our Learn to Ride scheme and Bikeability Level 1 and 2), developed further in the past year by Mr Keefe and Mr Cutts, now includes a partnership with British Cycling and HSBC called 'Go-Ride-Go'.

'Go-Ride-Go' gives young people the confidence to ride a bike and take this confidence into other areas of school such as Maths and English.

Shanaze was fantastic and very inspirational with the young people here and at Orrets Meadow Primary School, handing out certificates to those involved. We wish Shanaze the best of luck in her preparations for Tokyo 2020.

Mr White





**To all families of
Sixth Form students**

Clare Mount Specialist Sports College
invites you to a celebration of
our students' fantastic achievements

Our Celebration Evening
will take place at Clare Mount

On

Thursday 6th December 2018
starting at 5pm with drinks & nibbles

You will receive a personal invitation in the post.
Just remember to save the date!

Summer 2018 Results

Term Time Schedule 2018 - 2019

Autumn Term

Open (Staff only)	Monday 3 rd September 2018
Open (Students)	Tuesday 4 th September 2018
Close for half-term	Friday 19 th October 2018
Open	Monday 29 th October 2018
Close for Christmas	Friday 21 st December 2018

Spring Term

Open	Monday 7 th January 2019
Close for half-term	Friday 15 th February 2019
Open	Monday 25 th February 2019
Close for Spring Break	Friday 29 th March 2019

Summer Term

Open	Tuesday 15 th April 2019
<i>Closed (Good Friday)</i>	<i>Monday 19th April 2019</i>
<i>Closed (Easter Monday)</i>	<i>Monday 22nd April 2019</i>
<i>Closed (May Day)</i>	<i>Monday 6th May 2019</i>
Close for half-term	Friday 24 th May 2019
Open	Monday 3 rd June 2019
Close for summer	Wednesday 24 th July 2019

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

Inset days: Monday 3rd September 2018
Monday 1st October 2018
Friday 30th November 2018
Friday 15th February 2019
Friday 21st June 2019

