

Clare Mount Specialist Sports College

Spring Newsletter 2018

www.claremountssc.co.uk No. 135

Back to
school
Monday
April 16th
2018



Dear Parents/ Carers,

This half term has certainly been packed with many activities and events. Highlights include an inspiring Science week; a fantastic Literacy Week, including World Book Day; and a super Sports Week.

The Friends of Clare Mount have been very busy once again, fundraising and organising another fabulous Mothers'/ Carers' Day gift shop.

This term saw a group of Year 8 students enjoy a rewarding PGL week in Boreatton park, Shropshire and a group of Year 9 and 6th Form students head to the Lake District to the Calver Trust. They all had a fantastic time!

We also celebrated World Autism Awareness Week with a range of

activities, run by both staff and students.

I continue to be impressed with the willingness of our staff to go the extra mile and provide our students with both the opportunities to go out on trips and to take part in organised events in school. Such experiences greatly benefit the students' learning and help to develop their confidence whilst broadening their knowledge of the local and wider environment.

May I take this opportunity to wish you a very happy Easter holiday and to thank you for your continued support of our school.

Best wishes,

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. Pupils and staff also dressed 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.



WORLD WAR I History Class



This term, in the History department, the Year 9s have been putting what they have learnt about World War 1 into practice. The students have been

learning about the invention of the Tank and how the Tank worked in the war. The students all took it in turns to have a go in the Clare Mount Tank, even Mrs Webster couldn't resist having a go!



In addition the Year 10s celebrated International Women's Day by learning about how the Suffragettes fought to get the vote for women. They protested through the corridors of Clare Mount, singing the Suffragette Song and making their own posters and rosettes.

Boreatton Park Residential

During the last week before half-term, 25 Year 8 students and 7 staff members went on a residential trip to Boreatton Park in Shropshire. Everyone had a fabulous time! The students were extremely excited as we journeyed south by coach and were overjoyed to finally reach the park. They quickly moved into their rooms at the Tall Timbers Lodges, at the 260 acre park, run by PGL (the UK's leading outdoor education provider). Everything was in place to ensure we had the best time ever by inspiring learning through adventure. The well-structured itinerary meant the students were on the go from morning till night and were never bored. The wonderful and supportive staff made sure every student had a go at all the activities on offer.

It was all about trust, courage and confidence. Some children dealt with the challenges more easily than others, however the support and encouragement of the rest of the students was important for each individual's success. The residential helped strengthen peer relationships.



The students enjoyed a whole range of fun activities including a challenge course, sensory course, giant swing, abseiling down a wall of over 10 metres, and zip wiring! There was a huge choice of food served in the dining hall and the rooms were a welcome haven at the end of the day to help them wind down.

Boreatton Park has created a lot of great memories; it enabled students to have opportunities to challenge themselves, overcome their fears, build self-esteem and confidence, as well as have a tremendous amount of fun.

Table Cricket



After Clare Mount's success at the previous county championships in January, Year 7 will be attending the Regional Table Cricket Championships final on the 19th April at Old Trafford Lancashire Cricket club. Wish us good luck, as our success at this event will lead to the National Championships in the future. Come on Clare Mount!

WHERE ARE THEY NOW?

Every term, I will be bringing you news of former Clare Mount students and what they have done since they left us.

This term, the student is **Jared M.** Jared was a keen student during his time with us; always willing to join in and have a go at anything. I am pleased to say that, since leaving Clare Mount, he has found success working at The Hive as a caretaker; he is also a volunteer, working with disadvantaged young people.

Well done Jared!

Mrs Neill



We received funding from The British Schools Council to travel to Kathmandu, Nepal. After two long flights we arrived at a warm, dusty and heavily polluted Kathmandu. After a few hours sleep, we

were picked up by a Sherpa called Binay and driven by jeep into the mountains to visit three schools. The pupils were extremely polite and thankful for what very little they have. We taught them some songs, rhythm games, Maths and even played a little bit of football!



Our next adventure began when we were collected by the Headteacher, Mr Rai, from The Babylon School. Once at the school, we joined in with a fun game in the playground, then watched many beautiful dances, heard lovely songs and traditional instruments. We also spent a day teaching Music.



We experienced so many cultural and creative wonders and we look forward to sharing them.
- Miss MacLean & Miss Vicars



Williamson Art Gallery Science Visit

Students from 8We, 8Wi and Science Club joined forces and went to Williamson Art Gallery to take part in an exciting programme of events about animals and how we see them.

'Animal Encounters' is a collaboration between Chester Zoo and Williamson Art Gallery, which aims to explore animals in a way that links Science and Art.



The students took part in various activities in the gallery and were encouraged to look closely at the animals and think about how they could be grouped, etc.

All those who took part were a credit to the school and had a great time.

An earlier trip for other Year 8 classes, which was cancelled due to the snow day, will be rearranged as soon as possible.

Congratulations!



Clare Mount has again been awarded Green Flag status



Spectacular Science

at
Clare Mount



Last Monday afternoon, we were delighted to welcome pupils from Eastway Primary School to join us in experiencing the magic of Secondary School Science.

During the afternoon, the younger pupils were supported by our Science Ambassadors from 8B, who were a credit to the school. Well done 8B, we are very proud of you.

Health Promotion

During the Spring Term, our Year 10 sports leaders have enjoyed working towards their Young Health Ambassadors Level 1. They have also learnt about healthy and unhealthy habits through a project called COPE, in conjunction with The Underground Foundation and University of Chester.



Training & Development

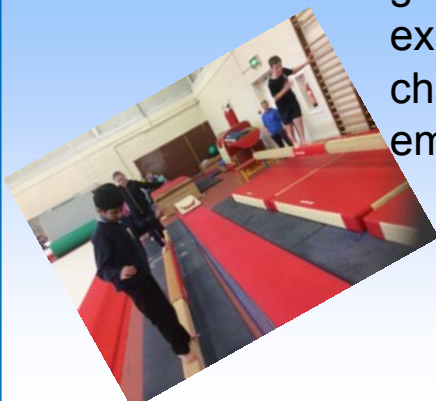
Clare Mount has trained 141 teachers and 70 leaders this term, in a range of inclusive PE courses. These ranged from Autism in Sport and Physical Activity to Inclusive Tennis as part of The Give It Your Max programme and Run, Jump, Throw Athletics.



SPORTS COLLEGES

Partnerships

Working with Sale Sharks, pupils from Year 7W and 7M enjoyed a morning at The Wingate Centre in Nantwich. They experienced some gymnastics challenges and learnt about employability skills.

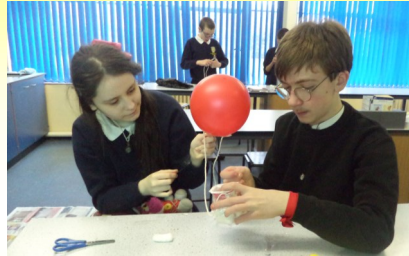


Clare Mount Science Week 2018

The week beginning 12th March saw, once again, Science lessons being taken over by British Science Week. This meant lots of fun mixed in with learning.



Year 7 investigated water rockets and bubbles



Year 8 made balloon kebabs, hovercrafts and worked together on creating a 'Mars lander'



Year 9 investigated the physics of 'Non-Newtonian Fluids'. Though they called it making bouncy balls and custard.



Year 10 used Chemistry techniques to make nylon; a type of cheese from milk and vinegar and extract DNA from kiwi fruit. These all required lots of skill.



Well done to everyone who took part!



Congratulations to Mr Keefe, who was awarded the Campbell CARE Award from the Youth Sport Trust. Mr Keefe was nominated by Mr White, who was also considered for the shortlist. Whilst Baroness Campbell (who gives her name to the Award) wanted to also shortlist Mr White, it was felt they could not have two finalists from one school.

The Award is for a network leader, teacher or practitioner who uses the power of sport to change the lives of young people. Mr Keefe said “I am very proud to receive this Award, making it a third year in a row that Clare Mount has been recognised at the National Awards in Coventry. Clare Mount was Inclusion School of the Year in 2016, and Harry N Won the Campbell Care Young Person of the Year in 2017. The Award is as much for all the fantastic staff at Clare Mount, who believe in the benefits of being physical active to the mental health, social and emotional well-being of our pupils”.



Campbell CARE Award 2018

WINNER

Picture: Mr Keefe receiving his Award from the Chairman of YST Neil Davidson CBE, and Ben Smith who ran 401 marathons in 401 days.

Sensory Circuits

This term, Clare Mount have introduced ‘Sensory Circuits’ into their curriculum and breakfast club. Sensory Circuits is a short and snappy motor skills programme that helps to set children up for the school day. It enables children to reach the level of alertness needed to concentrate during lessons. The children participate in a 10-15 minute session of activities, designed to improve brain processing efficiency. They generally find the circuit a fun way to start the day and it helps them to feel calm yet alert for the day ahead. ‘Sensory Circuits’ has also been used in Year 7 PE lessons as a tool to enable the transition of some students, who have previously struggled to access the PE curriculum. It so far and it is proving very successful.



Active Maths



Clare Mount have been piloting a new programme with Year 8 called Maths of the Day. This programme is designed to teach the concepts of Maths in a fun and much more active way. The sessions have been run during afternoon form time, in the gym, away from their desks. The response from Year 8 has been very encouraging with the majority of students enjoying the sessions and having lots of fun along the way. The Maths and PE departments have been working together to trial Active Maths. The Head of Maths at Clare Mount reported that: "Maths of the Day is a fantastic way of engaging children in Mathematics by being active and fun. We have found the activities give the children motivation to do their very best, as well as promoting physical activity."

After the initial trial with Year 8, it has been decided that in future sessions we will target students currently disengaged with Maths in the classroom to engage them in a different way.... Watch this space!

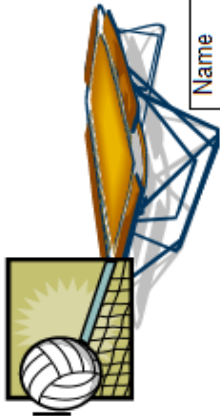
Girls Active Events

Monday 19th March: Year 8, 9 Stepping up for Change Event at Bolton Arena

23rd – 25th March: Year 11 and 12 Girls as activators residential weekend.

Clare Mount, along with some girls from our local primary schools, are attending Girls Active training, run by the Youth Sports Trust. The Events are targeted at girls who show excellent leadership and participation in PE. The programme is designed to create a network of female role models, coaches and influencers. After the girls have undergone the initial training above, the aim is then for these girls to go back into their schools and communities to support, inspire and motivate other girls to participate in physical activity and sport. The day's training aims to develop : coaching and leadership; team work; marketing; and communication skills. This enables them to make a real difference to the activity, motivation and engagement levels in the future for our young females.





Community Sports Night



Wednesdays @ Clare Mount Specialist Sports College. 18th April, 25th April, 2nd May, 9th May, 16th May, 23rd May - Close for Half Term. 6th June, 13th June, 20th June, 27th June No CSN as Sports Day, 4th July: Family Sports Night (last CSN of the academic year)

Name	
Age (7-19 YEARS)	
School	
Parent / Carer E-MAIL	
Emergency Contact	

Return to: **Mrs Kearsley** Clare Mount Sports College Office or email to g.kearsley@claremount.wirral.sch.uk
 NB. Places are limited on some activities – Please give a 2nd choice if choosing an activity with limited places.

Time	Guide	Miss Websters Classroom	Hall	Gymnasium	Fitness Room	Mrs Boyles Classroom	Drama Studio	MUGA 1	Cover staff
3.30 - 4.15pm	Please circle 1 sport/activity per hour only	Yoga (Miss Webster) 	Trampolining (Steen Sports/ Mr Stanley) Table Tennis Mr O'Connell 	Basketball Academy (Mr Atkins) 	Fitness/ Golf (Neil Price /Mr Dilnot) 	Learn to Ride (Mr Cutts) (10) 	Jump IN Mrs Poynton By invitation only 	Cricket skills clinic (Mr O'Connell) 	Mrs Kearsley, Miss Green, Mrs Hodgson, Mrs Swop.
4.15-5.00pm	Please circle 1 sport activity per hour only PLEASE COLLECT YOUR CHILD PROMPTLY	Zumba Miss Willis 	Trampolining (Steen Sports/ Mrs Swop) (10) Give it Your Max: Tennis Miss Webster 	Circuit Training (UTS) 	Fitness (Neil Price/Mr Dilnot) 	Cycling (Mr Cutts) (10) 	Jump IN Mrs Poynton By invitation only 	Futsal Mr Gavin/ Mr White 	Mr Keefe, Mrs Kearsley, Miss Green, Mr Stanley, Mrs Hodgson, Mrs Swop.

Please read the conditions of attendance on the other page and sign the consent form for your child/ward to take part. If an activity is full your child/ward will be offered an alternative if we have capacity, otherwise placed on a waiting list for the following half term. Sessions are FREE and open to partner schools with SEND pupils.

Conditions of attendance:

- Parents/Carers **MUST** be able to collect pupils at the end of the session. Please ensure you inform your bus escort of any days that your child/ward is either staying in school or, if they regularly attend community sport night, if they are not on any particular week.
- Pupils can stay for 1 hour (until 4.15pm) or 2 hours (until 5.00pm). If your child/ward is struggling with the second hour this will be open to review.
- The safety, care and health of your child/ward is important to us. As such children coming to these activities **MUST** take part fully, listen to instructions and remain in the room/area that the activity they have signed up to is taking place in.
- Community Sport Night is a 'stepping stone' to local sports clubs and community opportunities (not a youth club / child care facility). Pupils who choose to stay do so on the understanding that they listen to the coaches / teachers and show them and others **RESPECT** at all times.
- Children who do not behave appropriately will be given a warning and their parents/carers informed. If they repeat this behaviour they will lose their place on the programme. More serious incidents will result in pupils immediately being stopped from attending.
- Parents/Carers can **wait in the reception area** when collecting their child/ward. Children are asked not to let parents in and to inform a member of staff when the person picking them up has arrived.
- Prompt pick up of your child/ward is required. Sessions will come to an end by 4.50pm (parents/carers should aim to arrive by this time) with the expectation that everyone is leaving the school premises by 5.00pm at latest.
- Children **MUST wear appropriate PE / Sports kit.**
- Children are encouraged to **bring a bottle** to fill up with water.
- Staff will remind pupils to ensure they have got all their uniform / belongings, however, it is the responsibility of the parent/carer collecting the child to check they have everything. **Pupils can go home in their PE / Sports kit.**
- Half termly programmes will tend to last for 5 weeks (unless the half term is shorter).
- All parent/guardians are required to pick their child/ward up from **INSIDE the SCHOOL FOYER.**
- Sessions will be led by qualified coaches / teachers and some sessions will be supported by volunteers from local Universities (who will have appropriate CRB disclosures).
- All pupils are reminded that the use of mobile phones during sports night is **NOT** permitted. If there are any concerns with regard to the collection of pupils please ensure a member of staff is notified.

PARENTAL/GUARDIAN CONSENT FOR EDUCATIONAL VISITS: NONE HAZARDOUS AND DO NOT INVOLVE AN OVERNIGHT STAY

- I agree to my son/daughter/ward taking part in the above mentioned activity and having read the information sheet, agree to his/her participation to any or all of the activities described. I acknowledge the need for obedience and responsible behaviour on his/her part. Any child not following instructions will be returned to school immediately.
- In the event of an accident, I agree to my son/daughter/ward receiving emergency medical treatment, which might include the use of anaesthetic and blood transfusion, as considered necessary by the medical authorities present.
- I understand that Wirral Borough Council is insured in respect of its legal liabilities only and that there is not Personal Accident, or other cover, unless I have been advised specifically. Accidents may therefore arise for which the Council is not responsible. Parents/Guardians may wish to obtain suitable insurance to cover such eventualities.

Medical information:

Please ensure your child has any medication they require with them at all times, or pack a snack if required.

Signature Parent/Carer Date:

Pupil's Name..... Tel.No.

Photo consent: I give / do not give permission for my child/ward to be involved in any photos (delete as appropriate).



Community Sports Night at Clare Mount.

Community Sports Night has been a huge success this term, with many Clare Mount students, across all year groups, attending. We have also had pupils from Hayfield and Stanley school participating, to enable their smooth transition into Clare Mount next year. The activities on offer this term have been Trampolining, Tennis, Table tennis, Basketball, Football, Cycling, Yoga, Dance, Cricket, Fitness and Zumba. Therefore, there are lots of choices of activities—something for everyone. If you haven't signed up for Community Sports Night, come along and give it a try! You just need to complete the registration form on the previous page to sign up for the Summer term.



Clare Mount Sports Day 27th June 2018

Summer Term 2018

Open **Monday 16th April 2018**

Closed (May Day) ***Monday 7th May 2018***

Close for half-term **Friday 25th May 2018**

Open **Monday 4th June 2018**

Close to students **Friday 22nd June 2018**

Close for Summer **Tuesday 24th July 2018**