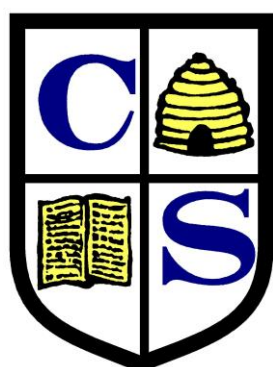


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Clare Mount

SPECIALIST SPORTS COLLEGE



Newsletter
NO. 134
February 2018



**SPORTS
COLLEGES**



**SEN SPECIALIST
SCHOOLS**

Front Cover:

KS3 - Clare Mount football teams who both made their respective finals at the Merseyside Tournament at Greenbank.



Mothers' and Carers' Day Shop

Friends of Clare Mount, the parent and carer group for Clare Mount, are holding a Mothers' Day Shop in school on the morning of Friday 9th March. This will give students the opportunity to buy gifts and cards for their mums/carers in a safe environment.

There will be a good selection of gifts at affordable prices (around £1.50 - £3). The shop will operate in the same way as the Christmas Shop: students should bring a maximum of £10 in and any money should be in a named envelope. There is of course no obligation for students to take part.

As well as hopefully providing an enjoyable and useful activity for the students, this is a great opportunity to raise some funds for the school. Thank you in advance for all your support!

Return to School for Pupils
Monday 26th February 2018

Dear Parents/Carers

We may only be half way through the school year but we are already looking ahead and planning for September. Please do not hesitate to contact me if you have any questions about our priorities for school improvement in the coming year or if you wish to share your views with us.



Annual Review meetings are in full swing this term and this is an ideal opportunity for you to come in to school so we can share with you your child's achievements and progress. There is much for parents/carers to be proud of, so please make every effort to attend your child's Annual Review meeting.

This term we held our first Autism Conference for parents, community and professionals. From the excellent feedback it was a huge success and consequently we have planned to hold another event on Thursday March 15th 2018. One of our Year 10 pupils certainly stole the show with his amazing input.

Our Next Steps event held in January was a resounding success. Thank you to all those parents/carers who attended and made the event so worthwhile. We will definitely make this an annual event in the calendar, giving our students and their families the opportunity to explore a range of college and Post-16 options.

Following on from this evening, we held interviews for our Year 11 pupils who want to come back to Clare Mount Sixth Form. They all did exceptionally well and as parents / carers you need to be so proud of them. Sixth Form options evening was very well attended last week and hopefully gave an insight into our curriculum offer.

Options Evening for parents/carers of Year 9 students took place on Thursday 1st February 2018. Further discussions will continue in the Annual Reviews to ensure the right pathway is put in place for your child.

We have welcomed several new members of staff this term with Mrs Hewitt joining the Maths department, Mrs Cope joining the Science department and Ms Donnelly teaching across the curriculum. In addition we welcome Mrs Al-Khateeb, Mrs Delamere and Miss Murphy as Teaching Assistants.

Finally we extend our congratulations to Mr Keefe, Deputy Headteacher, for being nominated for the Campbell CARE award 2018 with the Youth Sport Trust. Mr Keefe goes through to the final shortlist and we wish him luck with the outcome.

Have a relaxing half term holiday,

Best wishes,

Kim Webster
Headteacher
February 2018

"Clare Mount VIP Guests at the BBC"

6 Post 16 students, Mr Stanley and Mr Kearney visited Salford Quays to go and see how various BBC programmes work behind the scenes. Our BBC School Media Partner Katie Walderman, who is one of the BBC presenters, was our host and we sat in during the production of the 1:30pm News Bulletin on North West Today. We then had opportunities to meet the presenter, Annabel Tiffin and she talked to the group about what it is like to present the show. Finally we had a full tour of the BBC Sport Studios and opportunities to watch the Sports Bulletin being produced as well as a talk from one of the main BBC Sport presenters.



It was a fantastic day and the students were excellent ambassadors for the school. We have been invited to take further groups up to Salford later this year and Katie will be visiting to conduct some Media workshops in the build up to BBC School Report Day in 2018. Thanks to Mr Stanley for making sure we could attend by driving the bus.



Volcano alert!

8B have been finding out about our 'Restless Earth' in Geography and decided to put their learning into practice by building a fantastic volcano model, complete with lava flows, ash clouds and volcanic bombs. The boys worked fantastically as a team, and enjoyed recreating a volcanic eruption by putting a bottle of diet cola inside the crater and dropping some Mentos sweets in. Quite an audience gathered on the yard to watch the spectacle!

Mrs Perry and Mrs Stephenson



Science Club Update

This term in Science Club we have had a really 'egg'citing time working with Miss Jones on the 'egg'straordinary theme of Eggs and Marshmallows.

We have made egg landers, bouncy eggs, marshmallow catapults and many more.

The egg puns have been 'cracking' to say the least and the whole group have proven that the 'yolk' is not on them!

Next half term we will look into the science of Bubbles.



8B fundraised for the Wirral Animal Sanctuary's Hedgehog Rescue In Hoylake

Wirral Animal Sanctuary take in injured and sick hedgehogs, especially over the winter. This winter they have had over 90 sick or young hedgehogs in their sanctuary to take care of until they are strong enough to go back into the wild in the spring.

8B asked students and their families to bring in poultry flavoured dog and cat food. The Clare Mount family was very generous and we were able to visit the sanctuary to take in the food. We were shown around the sanctuary and were able to meet some of the hedgehogs.

Thank you on behalf
of the hedgehogs!



Table Cricket Champions

The Cheshire Table Cricket finals were held at the Orford Jubilee Hub in Warrington on Wednesday 31st January 2018. The Clare Mount team consisted of seven competitors from one form - 7G. Having qualified at the local event at Clare Mount, 7G were able to train with Mr O' Connell in preparation for the tournament.

On the day the team played four matches, winning all of them! They beat Lingham in the final and were duly crowned county champions for 2018.



They are now eagerly awaiting the North West Regional finals which will hopefully be played at Old Trafford, home to Lancashire County Cricket Club. Well done to all those involved in the day!



AWARD WINNING CLARE MOUNT



In January 2018 Clare Mount, along with only a select number of Lead schools across the UK, was invited to become an **Ambassador School** by the Youth Sport Trust (YST). This means we will be at the forefront of developments in PE and Sport for the next few years.

Following the success of Harry N winning the Campbell CARE Young person of the Year Award last year at the YST Conference, Mr Keefe has now been shortlisted for the **Campbell CARE Practitioner of the Year Award**. The Awards evening will take place in Coventry on Tuesday 27th February with a short film about each of the 3 candidates being shown at the start of the evening before a live vote.

As part of the filming at Clare Mount, Jen Rouse, YST National Lead (Emerging Markets), said about the day: “It was absolutely fantastic to spend some time at Clare Mount with you, your colleagues and your outstanding young people. You should be very proud of all you are doing and whether you win the award or not, know that your colleagues and students admire you hugely for your passion, dedication and expertise in making such a huge difference to the young people in not only your school but those in your (sports) partnership”.

It was, however, our young people that stole the show as usual. The Youth Sport Trust spoke to 4 young people, including Reeve in Year 10 and Harry, Amelia and Paul in Post-16. Jen Rouse said: **“I would like to write a letter to each of your four young people, as I was so blown away by them and enjoyed spending time with them”**.

Picture below: Paul and Amelia talking to practitioners from across the North West about how sport and physical activity has helped them socially and personally, and about their ambition in and through PE and Sport. This was part of the National Autistic Society Autism’s, Sport and Physical Activity training day held at Clare Mount in February. Inspirational.



Next Steps Event 2018

What a fantastic afternoon and evening we had! 15 different providers and over 200 pupil, parent and carer visitors attended our event, and we had lots of excellent feedback:

“Very useful & lots of lovely friendly helpful reps from colleges”

“Really enjoyed the event, especially meeting the students and being able to plant a seed to start their thinking of their next steps” Cheshire College South & West.

“We really enjoyed the evening & found it very helpful”

A wide variety of North West colleges, training providers, travel trainers and support services attended, and pupils and their families had the opportunity to explore all the different options available to them for life after school.

We would like to thank all the parents, carers and pupils for supporting the event and we would like to thank all the providers who took the time out to show our pupils what they can offer.

Miss K Magnall
Career Adviser & WRL Coordinator



GO-RIDE-GO – TEACH YOUR CHILD TO LEARN TO RIDE AND HOW TO IMPROVE THEIR CYCLING SKILLS



Mr Cutts and Mr O’Connell have been working with the Youth Sport Trust and HSBC to develop and pilot a range of easy-to-follow activities designed to help your child learn to ride and develop their bike handling skills.

They have been offering taster sessions in local primary schools and in Clare Mount as part of our PE lessons and during Community Sport Night.

Why not sign up to:

<https://goridego.co.uk>

Feedback from parents:

“Alfie loved riding the bike! Thank you for the session, it was very informative” – Alfie J’s parent (from Hayfield)

“Lucy really enjoyed the session and has now decided she wants to ride her bike so thank you to everyone involved, we have a happy and inspired child’ (from Hayfield)

HEALTH WEEK 2018

Health Week 2018

NHS University of Chester

- No Energy drinks in school. Cut back sugary drinks.
- Aim for 30 minutes physical activity per day in school and 30 minutes per day outside school.
- Underground Training sessions in PE. Walk and talk at break times.
- Underground Training sessions in ICT. Healthy Food Plate in Food Technology.
- SHEU (School Health Education Unit) survey in ICT. Health and relaxation.
- In form /PSHE - Making healthy food choices activities, dental health and relaxation.

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Before-school	Find your feet	Zumba (GC)	Find your feet	Personal Best Challenges	Viols & Shaks (GC)
Morning	Active in Mind Mentor training with Neil Darrin (P-16 GC)	Wirral Community NHS Foundation Phil Rhodes (P1&2 - Y6, P3 - Y7). Importance of breakfast. Super drinks, C4L Food Smart	Y10 Underground Training. Station visit in PE	Y7 Beyond the Baseline (John Fitzpatrick) / Y9 Cardio Tennis.	NHS Cheshire Career & Engagement Hub workshops for P-16/17 (CCS)
Lunch	Find your feet	Find your feet	Tag Rugby Festival (GC/WHC)	Find your feet	Circus (GC)
Form	Dental Health (UOC)	Dental Health (UOC)	Health activities	S-A-D-RY taster in games (UOC)	Golden Mile Challenge (YMA/UOC)
Afternoon	K33 Basketball Team. Neil Darrin Active in Mind Mentor Training	P-16 PE / Games	Y9 PE / Games	Get yourself measured (confidentially) UOC	K54 Football tournament @ Greenbank (BA)
After-school		S&E Training for staff (Brook) / Staff Incentive (GC)	Community Sport Night	Staff Healthy Eating alternatives (SR/UOC) / Zumba (CR)	Staff Volleyball (GR)

COMMITMENT MEANS STAYING LOYAL TO WHAT YOU SAID YOU WERE GOING TO DO LONG AFTER THE MOOD YOU SAID IT IN HAS LEFT YOU

My Personal Best – Health and Well-being Pledge

Name: Form:

- I will eat less sweets and chocolate this week (No more than 5 treats).
- I will eat more fruit and vegetables this week (5 to 8 cups daily).
- I will drink more water this week (5 to 8 cups daily).
- I will be more physically active this week (60 minutes a day).
- I will go to bed earlier on school nights (8 to 10 hours).
- I will watch less TV and have less screen time (less than 2 hours a night).
- I will brush my teeth for a little bit longer each day (at least 2 minutes).
- I will turn my phone / tablet / Xbox off an hour before I go to bed.
- Other:

Pupils and staff started the New Year making healthy lifestyle pledges as part of our annual health week. The week involved talks on the importance of breakfast, the dangers of sugary drinks and advice on making sugar swaps. As well as organising a range of personal best physical activity challenges, pupils had talks on dental health and careers in the NHS, as well as a group of Post-16 students being trained as Active in Mind Mentors Change 4 Life.



Eat a Rainbow

How many colours can you eat today?

Colour	Food	Support
Red	Apples, strawberries, and raspberries, cranberries, and pomegranates, tomatoes, red peppers, radishes, watermelon, strawberries, strawberries, watermelon	Helps keep your heart and bladder healthy and keeps your memory strong.
Orange	Apples, oranges, carrots, mangoes, peaches, apricots, grapes, kiwis, lemons, limes, pineapples, sweet potatoes, tangerines, yellow peppers	Helps keep your heart and eyes healthy and boosts your immune system.
Green	Apples, avocados, kiwis, mangoes, peaches, apricots, grapes, kiwis, lemons, limes, pineapples, sweet potatoes, tangerines, yellow peppers	Helps keep your body healthy and helps your immune system.
Purple	Blackberries, blackberries, blueberries, dried blueberries, eggplants, purple grapes, purple potatoes	Helps keep your body healthy and helps your memory strong.
Brown	Bananas, brown rice, cauliflower, oats, barley, ginger, sweetcorn, onions, potatoes, white potatoes, shallots, turnips, white rice	Helps keep your heart healthy and encourages good cholesterol levels.





The Year 11 Travel and Tourism group set up their own Travel Agency on Thursday 5th December. As part of their unit on Customer Service, students had to take on the role of a travel agent and demonstrate their customer service skills. Each student was expected to greet their customers and complete a questionnaire to find out their holiday needs.



Caleb:

“Clare Mount Travel was amazing. I feel proud to have helped different customers”

Samantha:

“I enjoyed the Travel Agency because my confidence came back to speak to people and I had fun”

Taylor:

“I have learnt that I can do my own research to find the right holiday for my customers, without any support from staff”

All the students were very professional in both their presentation and manner and they made us feel very proud of how far they have developed since the start of the course. Well done!



Mrs Spracklen
Mrs Patrick
Mrs Stephenson



SPORTS COLLEGE UPDATE

It's been another exciting term for our Sports College with a range of new initiatives and programmes starting.

Working alongside the University of Chester pupils in Year 10 have started a pilot project called **COPE**. The programme is designed to help pupils to choose to develop healthy habits. The programme has been run in partnership with the Underground Training Station Foundation.

A group of Post-16 pupils have worked with former European Skateboarding Champion Neil Danns and been trained as **Active in Mind mentors** who will work with a 'nurture group' of pupils in Key Stage 3, helping them become more active.

Working alongside Liverpool Hope University we have launched a UK pilot of the **PAPAI programme** (Personal Adapted Physical Activity Instructor). PAPAI is part of a wider Sport Empowers Disabled Youth movement designed to support young disabled people to take up sport in the community. Trainee teachers from Liverpool Hope will run extra-curricular clubs at a range of schools across Liverpool and then work with families to introduce young people to a range of community sports.

Other exciting initiatives include the **Give It Your Max tennis programme** which has seen 11 staff from the Clare Mount sports cluster trained as adapted tennis organisers and inspirational sessions from former GB tennis player Anna Fitzpatrick.



Active children means active minds

Recent research which found that children learn better when they are physically active supports how the Youth Sport Trust encourages teachers to incorporate exercise and movement into daily lessons.



School Year

2017 – 18

Open (Staff only)	Monday 4 th September 2017
Open (Students)	Tuesday 5 th September 2017
<i>Closed to Students</i>	<i>Friday 29th September 2017</i>
Close for half-term	Friday 20 th October 2017
Open	Monday 30 th October 2017
<i>Closed to Students</i>	<i>Monday 4th December 2017</i>
Close for Christmas	Friday 22 nd December 2017
Open	Monday 8 th January 2018
<i>Closed to Students</i>	<i>Friday 2nd February 2018</i>
Close for half-term	Friday 16 th February 2018
Open	Monday 26 th February 2018
Close for Spring Break	Thursday 29 th March 2018
Open	Monday 16 th April 2018
<i>Closed (May Day)</i>	<i>Monday 7th May 2018</i>
Close for half-term	Friday 25 th May 2018
Open	Monday 4 th June 2018
<i>Closed to Students</i>	<i>Friday 22nd June 2018</i>
Close for Summer Break	Tuesday 24 th July 2018

(All Staff Training Days showing for 2017-18)

Advance Warning for 2018-19

<i>Open (Staff only)</i>	<i>Monday 3rd September 2018</i>
<i>Open (Students)</i>	<i>Tuesday 4th September 2018</i>
<i>Close for half-term</i>	<i>Friday 19th October 2018</i>
<i>Open</i>	<i>Monday 29th October 2018</i>
<i>Close for Christmas</i>	<i>Friday 21st December 2018</i>
<i>Open</i>	<i>Monday 7th January 2019</i>
<i>Close for half-term</i>	<i>Friday 15th February 2019</i>
<i>Open</i>	<i>Monday 25th February 2019</i>
<i>Close for Spring Break</i>	<i>Friday 29th March 2019</i>
<i>Open</i>	<i>Monday 15th April 2019</i>

Return to School for Students
Monday 26th February 2018

SAVE THE DATE



**CLARE MOUNT EASTER
BINGO**

Wednesday 28th March 2018

**Doors open 6:00pm till
9:00pm**



'Fun for all the family!'

