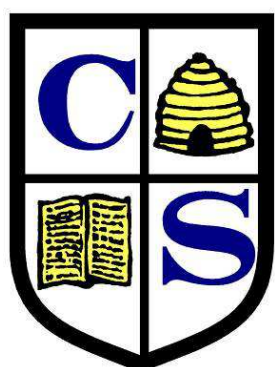


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CLARE MOUNT

SPECIALIST SPORTS COLLEGE



Newsletter
No. 121
February 2016



SEN SPECIALIST
SCHOOLS

Front Cover

Clare Mount's winning cooking team with Olympic athlete Johnny Mellor.

More in the Newsletter.

Congratulations to everyone!

Didn't think we could beat last year's fantastic achievement

but we've smashed it!

FFT is a non-profit making organisation which compares exam results for schools nationally.

The progress of our students and their exam results for Summer 2015 resulted in Clare Mount being placed in the top 1% of all schools.

We achieved FFT Rank 1 in 2014 with +54 points and have increased this to a stunning +75 points this year.

KS4 Progress 2015

26 matched pupils

Avg Point Score best 8
(new, first entry)

+75 pts +

FFT Rank **1**

LOW 80 60 40 20 HIGH

Significantly above the
national average (0)

Return to School for Students

Monday 22nd February 2016

Dear Parents/Carers

Half term already! Where did those six weeks go?

In January, Clare Mount Specialist Sports College welcomed 4 new members of staff. Joining the office staff is Mrs O'Brien with Teaching Assistants Miss Hodgson, Miss McIlhatton and Mrs Devlin bringing us much appreciated support across the curriculum. Returning from maternity leave is Miss L Wilson who resumes her role of Head of Year 8. Huge thanks to Miss Hanley who looked after the year group in Miss Wilson's absence.

Sticking with baby news, I'm delighted to share with you that Mrs Fogarty has had a healthy baby boy and named him Joseph. Both Mum and baby are doing really well.

Moving on to senior prefect news! The staff and pupils voted and the results were as follows: Head girl, Sophie Coyne, Head boy, Joshua McGrory, Deputy Head girl, Chelsea Saunders and Deputy Head boy, Thomas Perry. Continuing his outstanding work of last year we have appointed Owen Edwards as school ambassador. Congratulations to you all and the team of prefects working with you and we wish you well in your new roles. Community Sports Night started up with a vengeance on Wednesday 13th January with the maximum number of students attending. It's great to see them all participating in the diverse range of sports on offer.

Mid-January we hosted our annual Next Steps event. Each year this event grows in numbers and it was pleasing to see lots of new providers coming into school to talk to our pupils about the options available for life after Clare Mount.

Sixth form annual reviews kicked off on the second day of term and we are now nearing the end of the Year 11 year group. GCSE Exam practical preparation is underway too for pupils studying Drama, Art and DT. Exam support has been offered at lunchtimes to further assist the pupils.

Sporting news and we are thrilled to learn that Paul Topham and Harry Nugent have been chosen to represent England in football, basketball and athletics at the World School Sport Education Games in Athens in April.

Excitement is building as some of our Year 8's will be heading off the week after half term to their annual residential to Boreatton Park in Shropshire. We hope they have a fabulous time.

Best wishes for a good half term holiday.

Kim Webster
Headteacher
February 2016

Forum Housing Charity

Year 9 and I wish to share the thank you letter that we received from the charity that we support.

"I would just like to say a big thank you for my Christmas bag, it made me feel special and wanted and I really like my presents that was in my bag. I thought I wasn't going to get anything for Christmas but receiving a Christmas bag put a huge smile on my face. Thank you." - Courtney

"I am grateful for my gift bag, it was so nice. My unborn child got something too and also did my boyfriend's daughter who doesn't live here. We were so thankful for our gifts." - Jess

"I was really surprised as I wasn't expecting anything this year, thank you." - Georgia

"This is the first time in years I got a card never mind a present, thank you." - Josh

"Thank you, we really do appreciate this kind gesture." - Karl

"I moved into the project at Christmas after a difficult time at home I thought I would be spending Christmas on my own in my flat but was invited down for Christmas dinner with staff and other young people. I really enjoyed my dinner and my gifts were lovely all the things I really needed but couldn't afford myself. Thank you". - Sian

Year 9 will be collecting Easter Eggs, small chocolate items or Easter gifts for the young people at Forum Housing as part of our ongoing charity work.

When you donate to Forum Housing it has a huge impact on the young people there.

Huge thanks

Miss Vicars and Year 9



Advanced Notice British Science Week

The Science department are looking forward to British Science Week on the 14th - 18th March. In school we will be departing from our usual curriculum and looking at slightly different (dare we say more fun?) aspects of Science.

We will also be holding a parents/ carers drop-in evening on Wednesday 16th March from 4:00 - 5:30pm. This is a chance for parents/ carers to join us and experience some of the Science we do at Clare Mount.

For more information about British Science Week and events taking place throughout the country please visit: <https://www.britishscienceweek.org/>



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“Made Up” Students

We were lucky enough to have Helen Quinn, professional make-up artist visit Clare Mount. Helen was here as part of a short on-going programme of self-esteem and career work with three pupils. Pupils have been engaging in personalised lunchtime and form time activities in preparation for Helen's visit.

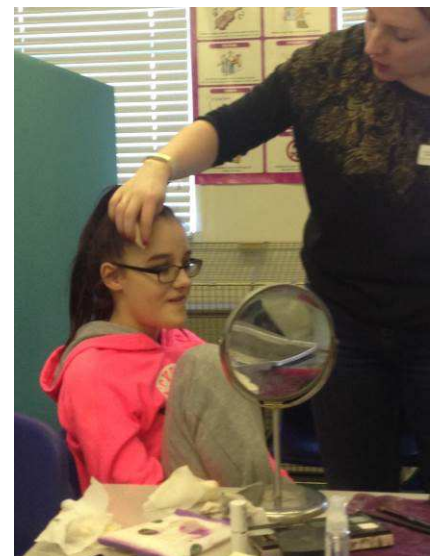
Helen demonstrated various techniques for the application of subtle daytime, glamorous evening and special effects make-up. The girls were then given the opportunity to practise the techniques on themselves and Miss Wilson!

*"I thought it was brill! I found it interesting."
"I found out how to contour and blend properly."
"I really enjoyed myself and I've learnt a lot."*

The pupils thoroughly enjoyed the morning and were over-whelmed with Helen's portfolio of film make-up photographs.

Thanks for your work girls!

Miss Wilson & Miss Vicars



DON'T STAND BY

HOLOCAUST MEMORIAL DAY 2016

This year Holocaust Memorial Day followed the theme of “Don’t stand by”. All the pupils were encouraged to reflect on how events from the past and today can have an impact on us. The whole school assembly was led by Mrs Brewer with a reading by James in Year 10.



The GIANT poppy is now in place in the Hall.

The whole school project was focused on producing a fitting memorial for the Centenary of the First World War. Each petal contains work from a different year group and covers an aspect of the war.

Year 7 – The role of the animals in the war

Year 8 – The recruitment posters

Year 9 – Letters from the trenches

Year 10 – Our poetry and thoughts on the war

Year 11 – Remember – war memorials in Wirral

Faye and Kaitlyn worked with Mrs Stephenson to embroider the centre piece. The poppy itself was created by Mr Johnson and the art students. Many thanks for everyone who contributed and to Mr Williams, the caretaker, who managed to get it fixed to the wall!

Mrs Brewer

Year 9 pupils gain ‘Skills for Health’

Five students for Year 9 have been taking part in a six-week project called ‘Skills for Health’ after school on Tuesdays at Arrowe Park Hospital Education Centre.



This is an exciting new initiative with the NHS looking at developing employability skills for working in the Health Sector. Mia, Louise, Amy, Jack and Oliver have been working alongside students from Bebington High and Bishops High School (Chester) to develop communication, teamwork and listening skills, whilst learning about all the different roles and values which the NHS holds in high regard.



There are only 12 schools involved in such projects across the North West. If the students successfully complete all the sessions there will be a Graduation Day at The Liverpool Echo Arena on the 24th June 2016. The students have been a real credit to Clare Mount.



Action packed Half Term for Food

It has been a very busy half term in the Food Studies room. As part of the Healthy Eating week, forms took part in a competition to design and make a notorious meal for Olympic Athlete, Johnny Mellor.

The winning team picked chosen to cook for Johnny were (Y8) Mollie, Rebecca, Victoria; (Y9) Luke, Harry and Mary; (Sixth Form) Josh, Sean, Jordan and Kyle.

A big thank you to the Manager at Aldi in Moreton, who kindly gave us all the ingredients to make Johnny's lunch. So what food did we serve the Olympic athlete?

Year 10 pupils had a visit from the Health Education team to find out just what does happen to your body when you have an extra packet of crisps, bottle of Fanta and a Mars bar.

They learnt that foods high in sugar rot your teeth; excess sugar turns into fat; your blood flow slows down as your arteries clog up with fat; your body gets bigger, clothes start to get tighter as the fat collects under your skin and if that wasn't bad enough having to carry all that extra weight around makes you hot and tired very quickly. So remember, think twice before you have that extra slice of cake, bar of chocolate or high sugar drink.



Last but not least, Clare Mount was the venue for a National Food Teachers Training day. Lots of Food Teachers spent the day in the Food Room, carrying out experiments in the kitchen, learning new skills ready for the launch of the new Food and Nutrition Curriculum which has been introduced to help you all make healthy food choices.

Pledges to 'Change for Life'

Students and staff got fully involved in our health and well-being week at the beginning of January and made pledges to help keep them fit and healthy in 2016.

Eighty students attended a fruit tasting session on Monday, whereas over fifty enjoyed a series of workshops of different food groups from the Wirral Health Promotion Team. Our Sports Interns put on extra lunchtime clubs every day, whilst in form time students designed a food menu for GB runner Jonny Mellor, which saw a handful of students cook a 3-course meal for him on Friday.



Students enjoyed tasters of taekwondo and judo, and on 'Fitness Friday' every year group got the chance to take part in a circuit training session

designed by the Underground Training Station. Thanks to all those involved in a fantastic week.



Parents and carers are encouraged to download the Sugar Smart app from Change4Life to help their children look at what sugar content is in different foods.

Rowing to Success

This year Clare Mount is a Watersports Hub. It is our job to raise the profile of Rowing, Canoeing and Lifesaving across Wirral.

So far we have started an indoor rowing club and many of our students are competing against other schools across the country on an interactive league. This term there was a competition to tell the Youth Sports Trust why being part of a Watersports Hub is so important.

Amelia in Year 10 wrote a great article 'Why I like rowing!' Her piece has won the competition and the prize is a trip to Wembley for a tour. Amelia's success does not stop there, the Youth Sports Trust are now going to publish Amelia's winning entry in their Inspire magazine next month.



Well Done Amelia.

WHY I LIKE ROWING!

I like rowing because they do it in the Olympics and we do it at school in PE and it makes you fit and healthy. When I row it calms me down and it makes me happy at school. When I have finished rowing at school it makes me feel tired and happy and I feel calm after rowing. When I am stressed it helps me calm down.

I use rowing to help me control my blood sugars as I am diabetic. It helps me lower my blood sugar from 15.4 to 5.4 and when I go to see the doctors they are happy to see my blood sugar has gone down. After doing rowing it helps me think more when I am in lessons at school. The teachers have seen a change in my work, I write more and I am more focused in lessons when I have been rowing.

I had PE this morning for 2 hours and I did rowing. It helped in my next lesson which was English as I felt better and was able to listen to the teacher. My personal target in rowing is to get better at it and increase how far I can row in 5 minutes. I enjoy challenging myself. I also want to show other people how to row so they can get better at it too.

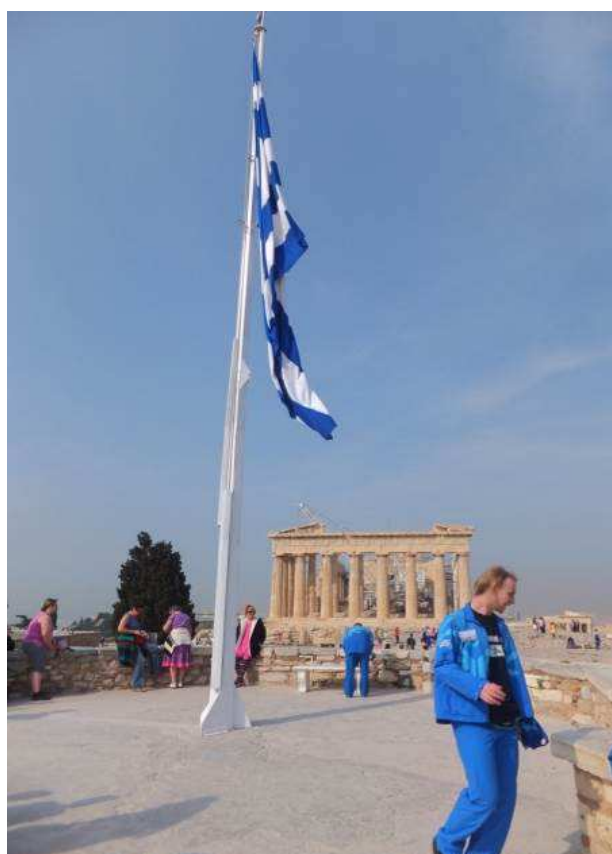
I enjoy being a leader and I have helped my best friend who is now rowing as well and it calms him down and it makes him happy.

Boys chosen for England

Congratulations to Paul (Year 10) and Harry (Year 11) who have been chosen to represent England at the **World School Sport Education Games in Greece** between the 23rd and 28th April 2016. The boys will fly out to Athens as part of a 27 strong team.

The focus of the event is around participation and friendship, and the boys will mix with teams from all over the World. They will take part in a 2000m run through the ancient Olympic site in Marathon, before playing basketball and football in the 2004 Olympic venue. As well as visiting historical and cultural sites, Paul and Harry will also be part of the ceremony which sees the Olympic torch leave Greece en route to Rio for the Summer Games.

The boys need to raise over £1000 towards travel, accommodation and kit costs. If anyone would like to help sponsor them or knows a company that might make a donation then please contact d.keefe@claremount.wirral.sch.uk .



Let's Play Wheelchair Sports Event

On Wednesday 20th January 2016 Clare Mount Specialist Sports College welcomed Baroness Sue Campbell and Alison Oliver of the Youth Sport Trust to our Let's Play Wheelchair Sports at our Wirral Wheelchair Sport Hub (based at Woodchurch High School).



The event celebrated the purchase and delivery of 10 new sport wheelchairs from the Youth Sport Trust. These were organised by Mr Keefe, in partnership with Baroness Campbell, following a kind donation from Chris Reed of the charity 'A Smile for a Child'. The wheelchairs have been made available to the Merseyside School Games Network so that competitions such as wheelchair tag rugby and inclusive zone basketball can now be offered.



We would like to thank Woodchurch High School for making the venue available, and also, for the fantastic support Woodchurch High School provide to Project Ability; and also to, Liverpool Football Club Foundation,



Greenbank Sports Academy, South Wirral High School, Clare Mount Specialist Sports College Sports Interns, Liverpool John Moores University, PR Sports Ltd, Wirral Tennis Centre and the Underground Training Station for delivering brilliant wheelchair sport activities to all the young people.

It was a terrific event with over 100 students engaged in 10 different sports. Everyone who attended the event received a flyer and has the opportunity to go the wheelchair sport hub to take part in wheelchair sport.

To book a place for activities at the wheelchair sport please contact Ian Magill (magillIST@woodchurch-high.wirral.sch.uk) or 0151 677 5257.



Ali Oliver (Youth Sport Trust Chief Executive), Chris Reed (A Smile for a Child), Baroness Sue Campbell (Youth Sport Trust Chairperson) and Mr Keefe

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Step into Sport Leadership Conference

Thursday 28th January 2016.
Over 150 young leaders (aged 14-16) from all 6 Merseyside boroughs attended our Step into Sport leadership conference held at Greenbank Sports Academy, Liverpool to take part in a range of leadership activities on the themes of health, well-being and inclusion.



Paralympic cyclist Rik Waddon gave the opening address about sports leaders who helped him to make his dreams come true. Ben Meadows (year 10 England footballer) from Broadgreen International School was a true inspiration to all leaders as he captivated the delegates with his personal story. All leaders created action plans to develop more inclusive and healthy activities at their own schools. We will support schools using leader profiles developed on the day by LJMU.

NAK team success



Well done to our Year 9 New Age Kurling (NAK) team who participated in the Wirral Level 2 School Games Competition at South Wirral High School.

The team of Liam, Amy, Troy, Abigail and Mary managed to win 1 and draw 4 of the 8 games they played meaning they qualify for the Level 3 Merseyside Finals in March at The Oval.



School Year

2015 – 2016

Open	Monday 22 nd February 2016
<i>Closed Good Friday</i>	<i>Friday 25th March 2016</i>
<i>Closed Easter Monday</i>	<i>Monday 28th March 2016</i>
Close for Spring Break	Friday 1 st April 2016
Open	Monday 18 th April 2016
<i>Closed May Day</i>	<i>Monday 2nd May 2016</i>
Close for half-term	Friday 27 th May 2016
Open	Monday 6 th June 2016
<i>Closed</i>	<i>Friday 24th June 2016</i>
Close	Thursday 21 st July 2016

Note that Easter Weekend (Friday 25th March & Monday 28th March) and Spring Break (Monday 4th April – Friday 15th April) do not coincide.

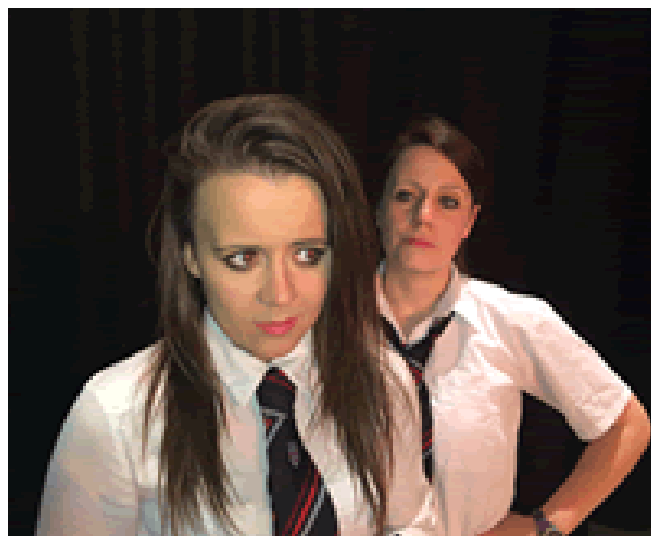
All staff training days shown. School closed to students on these days.

Advance Warning for 2016 – 2017

<i>Open (Staff only)</i>	<i>Mon 5th September 2016</i>
<i>Open (Students)</i>	<i>Tue 6th September 2016</i>
<i>Close for half-term</i>	<i>Friday 21st October 2016</i>
<i>Open</i>	<i>Monday 31st October 2016</i>
<i>Close for Christmas</i>	<i>Friday 23rd December 2016</i>
<i>Open</i>	<i>Monday 9th January 2017</i>
<i>Close for half-term</i>	<i>Friday 17th February 2017</i>
<i>Open</i>	<i>Monday 27th February 2017</i>
<i>Close for Spring Break</i>	<i>Friday 31st March 2017</i>
<i>Open</i>	<i>Tuesday 18th April 2017</i>
<i>Closed (May Day)</i>	<i>Monday 1st May 2017</i>
<i>Close for half-term</i>	<i>Friday 26th May 2017</i>
<i>Open</i>	<i>Monday 5th June 2017</i>
<i>Close for summer</i>	<i>Thursday 25th July 2017</i>

Return to School for Students
Monday 22nd February 2016

Students and Staff Gain 'Hope' From Performance



"Hope" is the story of a beautiful and successful pop star returning to the town where she grew up for the first time in years. A chance encounter between her and an old school acquaintance brings back painful memories of her childhood and the systematic abuse and bullying she suffered at the hands of a classmate. It is a story of courage, self-empowerment and redemption.

Students and staff watched an entertaining and powerful performance of HOPE on Friday 5th February 2016 at school. The performance gave just the right mix of humour and drama, leaving our students with a number of key messages about what makes a good friend and why we should always treat others with respect.

Student comments:

"I liked Joe he was really funny".

"HOPE was amazing".

"I liked the different way the stage was set up".

"Hope was a great singer".

"I felt sorry for Amy. She only bullied others because she wasn't treated very well herself".

"I think Hope was right to forgive Amy all those years later".

