

Penwortham Priory Post



Good Luck Year 11s

Priory's Year 11 pupils started their GCSE exams this week.

The full exam timetable is available to download from the Exams & Revision page on the school website at: www.priory.lancs.sch.uk/pupils/revision. All pupils have been issued with a personalised timetable and seating arrangements. Revision classes will also continue to take place during the school day.

Mr Eastham, Headteacher said, "I would like to wish all our pupils the very best of luck in their exams and their future careers and thank you, as parents and guardians, for all the help and support you have given to them and the school, throughout their years with us."

Following the English exams this week, Head of Department Mrs Gidden said, "The English team are very proud of the effort and enthusiasm with which the paper was approached and received." Pupils should note that next week's English intervention will move to Wednesday due to Thursday's exam.

Year 11 pupils will officially leave Priory at 12.30pm on Fri, 14 June. GCSE Further Maths pupils will need to stay in school that day for their exam at 1.30pm and return on Mon, 17 June for their second Further Maths paper. V Cert Graphics pupils will also need to return on Mon, 17 and Tues, 18 June.

As we say a final farewell to the pupils on 14 June, they will have the opportunity for shirt signing in the Quad before attending a short presentation in the Assembly Hall.

Attendance Winning Forms

Each week the attendance officer calculates the form with the best attendance for 'Year 11s' and 'The 'Rest' of the school. As the Year 11 form groups are smaller than the others, they are more likely to achieve full attendance. Therefore to ensure fairness, results have been separated out.

This week's winners are:

Year 11 - C5 (100%)
Rest - D1 (99.52%)

Well done to Mr Sneddon and Miss Conyngham's forms.

Rewards Trips Tues, 9 July

Letters have been given out this week to pupils who have achieved 'Gold' banding in recognition of excellent attendance, hard work and demonstrating the Priory Standard.

Pupils achieving the 'Silver' and 'Bronze' bands will receive their letters on Monday and Wednesday respectively.

Trips are on a first-come, first-served basis with a choice from: Blackpool Pleasure Beach, Trafford Centre & Cinema, Blackpool Zoo and Alton Towers (Year 10 only).

Pupils who have lost their letter can ask for a duplicate from the school office.

KEY DATES

Mid Term Closure

27 - 31 May 2019

Runshaw College Catering Minilinks

(by invitation)

Thurs, 6 June 2019

Year 11 Last Day

Fri, 14 June 12.30pm

GCSE Further Maths pupils will need to stay for their exam at 1.30pm and return on Mon, 17 June for the second paper.

V Cert Graphics pupils will need to return on Mon, 17 & Tues, 18 June.

College Sampling Days

(Year 10 pupils)

Runshaw - Mon, 17 June

Newman - Thurs, 20 June

Preston's - Tues, 2 July

Year 7 Parents Evening

Weds, 19 June 2019

4pm-7pm

PSHE Day

(Early lunch followed by early closure at 1:30pm)

Thurs, 20 June 2019

South Ribble Schools Athletics Championships

Robin Park (by invitation)

Fri, 28 June 2019

Work Experience Week

(Year 10 pupils)

24-28 June 2019

Italy Trip

25-29 June 2019

Year 11 Prom

Charnock Farm

Thurs, 27 June 2019

Rewards Trips

Tues, 9 July 2019

A Message from the Headteacher

Dear Parent/Carer

Sleep - Information for parents and carers

The Sleep Council highlights how quality sleep is essential for growth and development and that your child needs between 8-10 hours sleep every night. Teen's body clocks naturally shift to make them feel tired later in the evening, but early school starts do not enable them to sleep in the mornings.

Chronic sleep deprivation can have a huge effect on a teenager's life and mental wellbeing.

Further research shows that there is a link between getting enough sleep, sleep awareness and student performance. Numerous studies have shown that not getting enough sleep can negatively affect school performance and impair cognitive function. Teens need more sleep than adults. Research shows that the brain's ability to process information declines with lack of sleep. Our emotional responses, empathy towards others and tendency to do silly things all goes up with lack of sleep. Long term sleep deprivation can suppress the immune system, lead to forms of cancer, heart disease and metabolic abnormalities.

Help your child establish a good sleep routine. Encourage them to limit screen time before bed and to read a book or magazine instead. Get them to keep a sleep diary over a two-week period to see how much sleep they are getting and how they can improve it. Have a conversation with your child about their sleep. Eating late at night is not good for digestion or aiding a better night's sleep. Make sure your child avoids sugary and heavy foods late at night and doesn't drink caffeine or energy drinks from lunchtime onwards. Healthy habits such as warm milk or camomile tea, daily exercise, relaxing in the evening and having a calming bedroom environment, can all help your child get a better night's sleep. Try to get your child to go to bed at the same time each night and wake up at the same time each morning – even on a weekend. A consistent sleep-wake cycle is really important for them to function well. Know the signs of sleep deprivation and work with your child to find a routine that works for them.



Mr M Eastham, Headteacher



What can you do?

Help your child establish a good sleep routine.

Encourage them to limit screen time before bed and to read a book or magazine instead. Get them to keep a sleep diary over a two-week period to see how much sleep they are getting and how they can improve it.

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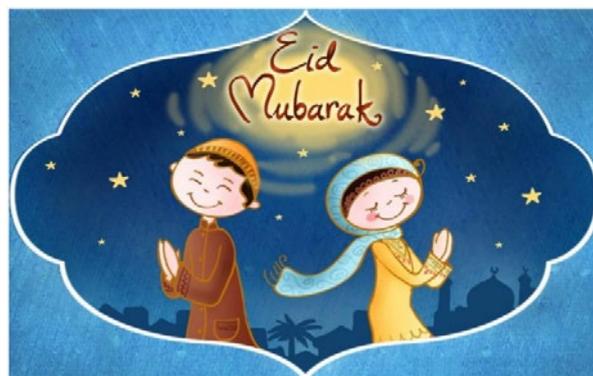
Learn to succeed

Eid al Fitr - Leave of Absence

We are aware that a number of our pupils will be celebrating Eid on 4th / 5th June. Please note the school policy is to allow only one day as an authorised absence for a religious festival; any additional days absence will be recorded as unauthorised.

In order to avoid a phone call disturbing your celebration please notify the attendance officer, Mrs Garnham, of any absence in advance on 01772 320271.

Year 11 pupils should be aware that there is GCSE Geography exam at 1.30pm on this day.



Character & Culture



This term's Priory Culture focus is 'Staying Safe' covering a wide variety of themes in and out of school.

Next week - Week 5 – The power to make a difference

- Students think about the power to make a difference – kind and hurtful.
- Students to consider the thoughts of others (including famous politicians and philanthropists) and gets them to reflect on their prior knowledge and learning.
- Students unpick the main objective of the lesson and outline what harm, or indeed good, can be made with the small choices they make in their everyday lives.
- Students ask two key questions which encourages the groups to think about their own 'Them and Us' groups.
- Students summarise their learning and commit to making choices that impact positively on others.

The Weekly Challenge (Week 28)

These weekly challenges which pupils are asked to think about are made of content that will enhance learning in all subjects and widen Tier 2 vocabulary.



Parents - How would you get on?

1. Who was Nelson Mandela?
2. What is Neil Armstrong famous for?
3. Who is Twiggy?
4. What was J. R. R. Tolkien famous for?
5. Who is referred to as the 'King of Rock and Roll'?
6. What was Alan Turing famous for?
7. Michael Schumacher is famous in which sport?
8. Who is Clint Eastwood?
9. Who invented the toaster?
10. What is Delia Smith famous for?

Answers at the bottom of page 9.

Scarlett Sounds Out For Deaf Awareness Week



Scarlett has made sure she and her fellow Priory pupils were making plenty of noise about Deaf Awareness Week by fundraising and highlighting it.

Year 7 Scarlett was born deaf and, in 2009, was the first patient to be fitted with the thinnest ever cochlear implant at Manchester Children's Hospital.

It was called a Nucleus 5 implant and, at the time at just 3.9mm wide, it was 40 per cent slimmer and two and a half times stronger than the previous generation device.

It meant Scarlett could hear for the first time and, due to her operation, she has become a part of the Cochlear Implanted Children's Support Group (CICS).

They meet up at Alton Towers once a year and Scarlett wanted to raise funds for them and also raise awareness of deafness during last week's Deaf Awareness Week.

"These implants changed my life," said Scarlett. "I hadn't talked and I communicated through sign language at first. It was a case of I needed to talk and I had two operations aged two and four and now I can't stop talking! I like it now. People think it's amazing that I went from not hearing at all to hearing and talking normally so it has been massive for me but I just accept it."



Scarlett, along with her learning support teacher, Mrs Willis, decided to do something on Deaf Awareness Week.

"A lot of people wanted to talk and ask questions of Scarlett about her deafness and implant and so this was a good way of doing it so we could talk about it openly and all at once," said Mrs Willis.

"We baked cakes, with help from friends, and sold CICS wristbands and pens and pencils and raised almost £100. We want to make it an annual event.

"When Scarlett came to Priory she was quite timid but now her confidence has grown and events like this have really helped her."

Scarlett admits she has to get her brother to wake her up in the morning as she takes her implants off overnight – and so doesn't hear the alarm.

"That's the only problem but we get around it," smiled Scarlett. "I am glad to have raised money and awareness.

"I don't mind people asking me about it - I do repeat myself a lot but I don't mind."

An infographic for Deaf Awareness Week. It features the text 'DEAF AWARENESS WEEK' at the top. Below this, it says '1 in 6 PEOPLE IN THE UK ARE AFFECTED BY HEARING LOSS' in large, bold letters. To the right of this text are six stylized human figures, with one in the top row colored orange and the others in blue. Below the figures, it says 'There are approximately 10 million people in the UK who suffer from hearing loss. This makes deafness the second largest disability in the UK. Deaf Awareness Week celebrates the collaborative work that has made a difference for people who are deaf or have a hearing loss.' The infographic is enclosed in a blue border.

Geography Field Trips

Wycoller (8, 9, 14 & 17 May)

Year 9 and Year 10 Geography pupils have had the opportunity to complete the first of their fieldwork skills trips by visiting Wycoller. The main aims of the visit were to allow pupils to study a river landscape first hand and enable each to develop skills in measuring, observing and recording how features change along the long profile of a river. The work will greatly enhance their knowledge and understanding of how a river works.



A report by Year Set 9A2

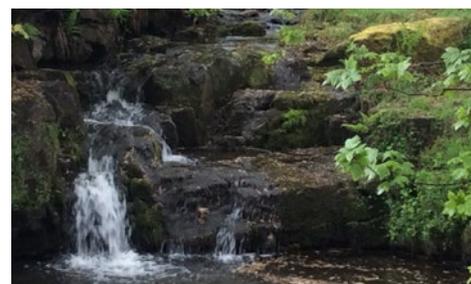
We had a great time - we were the luckiest as we got the best of the weather this Tuesday, 14 May. It meant that we were able to get through all of the three different long profile sites along the Wycoller Beck.

We went as our teaching group, working in groups of five or six and measured different characteristics of the stream. A few of the Year 10 pupils joined us as they had been unable to attend last year. We were trying to test how the stream changed its velocity, discharge, wetted perimeter, bed load size and angularity as a hypothesis testing procedure against the Higher Level theoretical Bradshaw's model as well as prepare for our Paper 3 GCSE. We tried different techniques and evaluated whether the stream, which eventually flows into the River Ribble, correlated or was a series of anomalies.

We were taught about different features such as the waterfalls, meander loops and the impact of both micro and larger flood management interventions. We also collected data and made two video clips; one on the fluvial processes in a waterfall/rapid system and the other on the evolution of the main techniques used for accurately measuring the velocity. We would have had more oranges left for the other groups however Mason B ate the evidence!

Sam P decided it would be a good idea to fall into the river to test his buoyancy. As the stream was only about 30cm deep his theory didn't really work!! Mr Watters worked with the group on testing the levels of bed-load suspension in the water, reportedly he did taste the water.

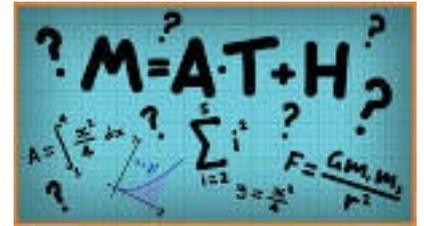
Four GCSE groups will have tested their Physical section for their GCSE by the end of Friday. We had a great time and really needed the Fab lollies we had on the way home. Thanks to our staff as we had a great time and learnt loads. Mr Eastham, Miss Walsh and Mr Watters worked together to teach us all day. Mr Metcalfe and Miss Smith also attended on different days.



Photos supplied by Aaron B & Charlie T.

The Maths Department

Like a challenge?



The Head of Maths, Mr Kenrick, will be testing our brain power each week with one of his puzzles. Here you will find a puzzle or a problem solving task - these can help to build students' perseverance, mathematical reasoning, ability to apply knowledge creatively in unfamiliar contexts, and confidence in tackling new challenges. Why not have a try yourself!

Below are three sequences of letters. Each sequence follows some sort of rule. You must work out the rule and write down the next three letters in the sequence...

Sequence 1:

O T T F F S S E N T E

Sequence 2:

A D C F E H G J I L

Sequence 3:

D N O S A J J M A M

Answers at the bottom of page 9

Careers Advice at Priory

Mr Ficorilli, Independent Careers Adviser, is available in school every Monday via appointments, lunchtime drop-ins or after school to support pupils with career pathways.

He will be continuing to engage with Year 9 pupils and seeing them via an individual career appointments in school. Pupils will all receive a detailed information guide which includes lots of website links to raise their aspirations and make them aware of the various post 16 routes that are available.

Mr Ficorilli's office is based in the Pastoral corridor.

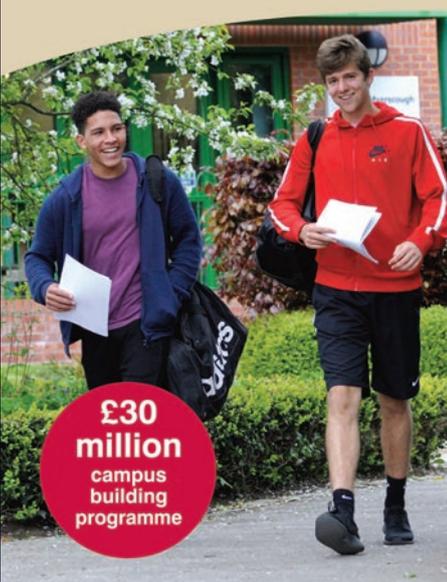
Parents and pupils can contact Mr Ficorilli by email at: v.ficorilli@priory.lancs.sch.uk.



Myerscough College

✓ School Leavers
✓ Apprenticeships
✓ University Degrees

Course Advice Mornings




£30 million
campus building programme

Download our 2019 School Leaver Prospectus

Saturday 30th March and Saturday 22nd June 2019 9.45am-12.30pm

Myerscough College, Bilsborrow, Preston, Lancashire PR3 0RY

[@myerscoughcoll](https://twitter.com/myerscoughcoll) www.myerscough.ac.uk [f MyerscoughColl](https://www.facebook.com/MyerscoughColl)

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HEALTHCARE WEEKEND



YEARS 10 - 12 AND PARENTS, JOIN US AT MEDIC MENTOR'S 2 DAY CONFERENCE FOR ASPIRING MEDICS, DENTISTS AND VETS.

Day 1: Making it Into Medicine, Dentistry or Veterinary
An introduction into your future career. Network with current students and professionals, whilst gaining an in-depth understanding of CV building, work experience and choosing the right university for you.

Day 2: Medical Masterclass
A full day of lectures covering the medical application process including personal statements, interview skills, UCAT, BMAT and medical ethics led by our team of doctors and medical scholars.

Stirling	15th - 16th June
London	6th - 7th July
Cardiff	13th - 14th July
Birmingham	20th - 21st July

Registration: *
Day 1 starts from £25
Day 2 £150

*Students from low income backgrounds can apply to attend for free
Teachers attend free
Proceeds from events are reinvested to support the next generation of healthcare professionals.

Register now at medicmentor.co.uk
or call 01524 389772


Medic Mentor
Motivating Medical Minds

Half Term Hockey Camp

**28, 29 & 30 May
9am-4pm**

See poster below for full details.

The camp is for girls and boys to learn back to basics hockey whilst having a great time and meeting new friends - and get fitter!

A number of the 2019 intake of girls and boys attend Preston Hockey Club and are looking forward to playing more hockey as they join us at Priory. Meeting current pupils at this camp will make their transition even more smoother.

To book email sharronbolton@hotmail.co.uk or call 07519 668963.



PRESTON HOCKEY CLUB

MAY HALF TERM FITNESS AND HOCKEY CAMP

28/29/30TH MAY 2019

PERSONAL TRAINER AND 2019 "HIGHLY COMMENDED" COACH OF THE YEAR, JUNIOR HOCKEY COACH SHARRON BOLTON IS OFFERING A UNIQUE COMBINATION OF STRENGTH, CONDITIONING AND FITNESS HOCKEY CAMP FOR BOYS & GIRLS AGED 8-14 YEARS.

VENUE: PRESTON HOCKEY CLUB, SOUTH MEADOW LANE, PR1 8JP

TIMES: 9-4PM, PLEASE BRING PACKED LUNCH, DRINKS & SNACKS.

COST: £25 1 DAY, £45 2 DAYS, £60 3 DAYS.

LIMITED PLACES, TO BOOK PLEASE EMAIL: sharronbolton@hotmail.co.uk

Sharron Bolton 07519668963

CIMSPA REGISTERED: 028340, FITPRO INSURED-FP4434188, ENGLAND HOCKEY COACH MEMBERSHIP: 452582, QUALIFIED LEVEL 1 UMPIRE

DIS - FIRST AIDER (AED), SAFEGUARDING LEVEL 2&3 CHILDREN.

National Healthcare Weekend

See poster above for full details.

Medic Mentor is a social enterprise who mentor aspiring medics, dentists and vets from schools nationwide. With their help many have successfully gained university offers.

During the National Healthcare Weekend (see poster opposite) doctors, dentists and vets will provide invaluable insight and network with students.

Registration starts at £25. Students from low-income backgrounds can apply to attend for free.

Students can register and find out more information here:

<https://medicmentor.co.uk/national-healthcare-weekend/>

All proceeds are used to support healthcare students with scholarships, elective bursaries, free training and educational initiatives.

Learn to succeed



PLAYERS WANTED FOR LANCON JFC U12S

Are you currently in
year 6 or 7 and fancy a
new challenge?

We're looking for players
as we move to 11 aside
next season



LANCON JUNIOR FOOTBALL CLUB
IN PARTNERSHIP WITH LANCASHIRE CONSTABULARY

Lancon Juniors FC, in partnership
with Lancashire Constabulary, are looking
to recruit players for their current u12s team
(Year 7) as they move to 11v11 format next
season.

Training is every Wednesday
6.30pm-7.30pm
Police Headquarters, Hutton.



The Penwortham Town FC

The ladies and girls football teams are
looking to recruit new players and are
having an open training session next
Weds, 22 May.

Under 16s 6pm-7pm
Over 16s 7.30-8.30pm



New Resource For Cyclists

Bikeability has now obtained the support of Halfords in an attempt
to raise its profile and have created a fantastic new resource for
parents and their children who have undertaken Bikeability training.

Bikeability is government-recognised, practical and professional training. Cyclists are more skilled and more confident once they've taken part.

The [Participants Hub](https://bikeability.org.uk/participants-hub/) <https://bikeability.org.uk/participants-hub/> is a webpage offering advice and information as well as discount offers aimed at supporting families to continue cycling together. The Bikeability Trust has developed this initial page and will be continuing to add new information, guidance and offers on a regular basis. It includes useful hints and tips on riding together as a family and enjoying cycling.

Currently they are offering a free Halfords bike check, 10% off Halfords bikes & accessories and a chance to win a Carrera kids' bike.

Learn to succeed

Mrs Gidden's Cool Readers Club

Priory's Head of English, Mrs Gidden, has been really impressed with many of our multi-talented pupils lately and wanted to highlight their love of reading while excelling at other pursuits.

This week we interviewed Year 7 pupil, Daniel.

Daniel admitted he could only speak a few English words around six years ago – and now he is a prolific reader.

Daniel came to Preston from Poland and said: "I could only say basic words like hello although I could understand bits of the language."

Now he is one of Mrs Gidden's 'Cool Readers' as he uses every minute in school to pick up a book.

"I have enjoyed the 11 book series called 'Skulduggery Pleasant' by Derek Landy and there is a 12th book coming out soon.

"They are science fiction with magic which I like.

"At the moment I am reading 'The Higher Institute of Villainous Education' by Mark Walden about a school which prepares specially selected children to become super villains. It's good so far.

"When we came to England around six years ago, I had to learn the language and I did have special English classes.

"I still don't understand everything but, if I don't, I just read it again and again until it becomes clear.

"I spent a large part of my time reading but I also play computer games like Minecraft and go outside with my friends."



1. Nelson Mandela was a South African anti-apartheid revolutionary and political leader.
2. He was the first man to walk on the moon.
3. Dame Lesley Lawson (aka Twiggy) is an actress and model who was a famous teenage model in the 1960s.
4. J.R.R. Tolkien wrote The Hobbit, The Lord of the Rings and The Silmarillion.
5. Elvis Presley was an American singer and actor regarded as one of the most significant cultural icons of the 20th century. He was known as 'The King of Rock and Roll'.
6. Alan Turing is widely considered to be the father of theoretical computer science. He invented a code breaking machine.
7. Michael Schumacher is a famous Formula 1 racing driver.
8. Clint Eastwood is an American actor, filmmaker, musician and politician who rose to fame initially through 'Westerns'.
9. Charles Strite invented the toaster.
10. Delia Smith is an English cook and television presenter, known for teaching basic cookery skills.

ANSWERS TO THE WEEKLY CHALLENGE

MATHS CHALLENGE

ANSWER : WEEK #1 Rule 1: Initials of numbers | Rule 2: 3 forward and 1 back | Rule3 : Reverse month initials

Learn to succeed

Word of THE Week

Each week Progress Leaders will be introducing a new word to pupils in their AM or PM Prep time.

Progress Leaders will clearly explain the literacy tip of the week in Prep time and teachers will make reference to it in lessons.

Well done to Mr Bullock's form who knew the WOTW and LTOTW when randomly spot checked.

Pupils: If you fancy a challenge and the chance to win a treat, write a sentence which includes the 'Word of the Week' on a slip of paper and hand it to Mrs Gidden. Try your best to use the word accurately! Who will the winner be? Last week's winner was Rebecca J in H5.

Word of the Week: **Notwithstanding**



preposition/adverb/conjunction: In spite of/even though/although

'I was exhausted after a night's revision, notwithstanding, I performed as well as I could in the exam.'

Literacy tip of the week...

Was/were

The first can be applied to one person as part of a past tense verb.

'She was driving the car'

BUT- if it's plural- you must write

'They WERE feeling anxious about the test'

So, to say 'I were' or 'We was'

Is **COMPLETELY WRONG.**

1= Was

2= Were

Can you do these?

Tracy ____ painting.

Hannah ____ grinning.

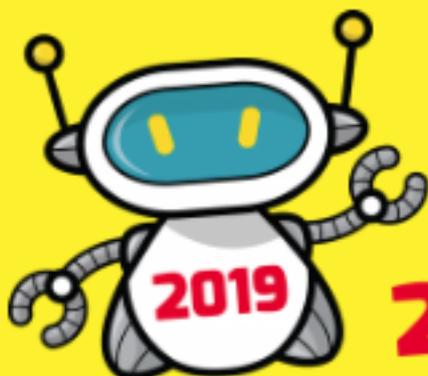
The boys ____ dancing

Lancashire Science Festival

Family Day | Saturday 29 June | 9am – 5pm | University of Central Lancashire, Preston Campus | FREE

The multi-award-winning Lancashire Science Festival is back with a bang and this year's family programme is set to be bigger and better than ever before! Join them on Family Day to enjoy a spectacular showcase of the wonders of science, technology, engineering, mathematics and more.

Register for your free pass at <https://www.eventbrite.co.uk/e/lancashire-science-festival-passes-2019-tickets-60047239911>. For more information including age suitability, competitions and the full line up, visit their website <https://lancshiresciencefestival.co.uk/>



Lancashire Science Festival

27-29 June

Get in touch

Tel: 01772 894288

Email: lancscifest@uclan.ac.



Learn to succeed

VITAMIN D

The Chief Medical Officer for Health UK recommends that children and adults should take a daily supplement containing 10 µg a day of vitamin D, especially during winter months.

Vitamin D helps develop and to keep bones, teeth, muscles and the immune system healthy. This is especially important for pregnant mums, breast fed infants, young children and older people but is still very important for teenagers and adults alike.

Vitamin D is the sunshine vitamin. On average 20 mins of sunshine every single day – not easy for most of the year.

Good sources of vitamin D are

- oily fish – such as salmon, sardines, herring, mackerel and fresh tuna.
- red meat.
- liver.
- egg yolks.
- fortified foods – such as most margarines and some breakfast cereals

However, you would have to eat lots and lots of these food to get all the Vitamin D you need.

Pharmacies and supermarkets sell vitamin D and health centres can sell NHS Healthy Start vitamins (recommended). These are free if you are on certain benefits and register for healthy start vouchers and at cost for everyone else (low price and in the correct dose).

Talk to your school nurse if you need help.

NHS Lancashire County Council



THINGS TO REMEMBER

Tomorrow is a new day

Making mistakes is part of life

Saying 'no' is okay

Not everyone has to like you

Beauty & strength come from within



On the menu next week...

W/C 20 May 2019

Monday

Sausage Roll or Cheese Whirl

Served with diced potatoes and beans or peas

Tuesday

Spaghetti bolognese served with garlic bread

Veggie curry served with naan bread

Wednesday

Cheese & Tomato | Ham | Pepperoni Ciabatta Pizza

Spicy chicken burger

Both served with potato wedges and beans or sweetcorn

Thursday

Savoury mince served with Yorkshire pudding and mashed potato

Tomato pasta served with garlic bread

Friday

Battered Fish | Cheese & Tomato Pizza | Hot Dog

All served with chips and peas or beans

Available Every Day

Southern fried chicken wrap

Cheese | Cheese & Ham | Cheese & Pepperoni Panini

Jacket potato with tuna, cheese or beans

Learn to succeed