



Non Sibi Sed Aliis

Aiming at Excellence

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Thank you to all who complimented us on our superb 10th edition of Transform. It was good to know that it was so well received by Governors, Parents, former pupils of all ages and Staff past and present.

We continue to enjoy the excellent facilities provided through our Engineering Status and this edition gives details of our new Science laboratories.

Enjoy reading Transform and please support our sponsors, particularly St Andrews and Runshaw, who continue to be providers of this wonderful production.

Yours sincerely

I M Venn Headteacher

SO MUCH HAS CHANGED...

■ TO: MISS VENN FROM: MARGARET ARMSTRONG, MOSS VALE, NEW SOUTH WALES, AUSTRALIA

Reminiscences.

It was a privilege to meet Miss Venn at the Awards Afternoon for Years 7-9 in July 2010, some 63 years after I first entered the school when Mr Victor Oldland was Head Master and I came for an interview aged just ten, and the very first time I have been back to school since leaving in 1953. Thank you for inviting me as guests of William (Y7) and Grace (Y8) Thomson who received Certificates for Music and Citizenship, and Elizabeth Shepherd (Y7) who made a greataunt feel very proud of each of them and the school.

As I entered the hall and later the gym they didn't seem to have changed one bit, they even looked the same size as when I wore long nylon stockings for the first time at the Year 10 dance, and enjoyed playing "Pirates" at the end of term with all the gym equipment in use. I couldn't help thinking of sitting on these same seats when the Head Master himself took the whole year for Religious Instruction as it was then called. We all had to learn the first six verses of Isaiah 52 by heart and a few weeks later stand up in turn and recite these one verse at a time. We were so terrified I can recite them to this day and it is surprising how many times I have sounded more knowledgeable than I am as a result of this instruction. The old part of the dining room seemed the same. Living out of town on Croston Road in Farington there was no direct bus route and they were long days. So I used to love the veggie pie which was always served towards the end of the week and was made from leftovers put in a pastry case with a sauce on top. Lots of kids didn't really like this and so I used to get seconds! We even used to see who could swallow the most prune stones. Really we did!

I was amazed how much the school buildings have been extended but the classrooms on the ground floor and facing the playing fields, where I spent most of my time, seemed the same – but I don't remember curtains in my day. A locker was something we never had until the sixth form and now there are rows and rows of them on several corridors. Still, I don't seem to remember carrying around quite so much "stuff" in those days. The Memorial Garden is a lovely feature and well cared for; laboratories and special activity rooms have kept pace with time; the children I have seen whilst in Leyland are all smartly dressed and a credit to the school. Thank goodness the girls' hats which we had to wear have disappeared!

I was a member of the school tennis team in 1952 and 1953 and it was quite prestigious then to be invited by a

couple of the male teachers to play tennis with them on the staff grass court in the dinner hour with students able to watch. Probably long gone, I see this area is now a large covered



area for bikes, rather like a huge plastic greenhouse. To my knowledge only one student drove a car to school, even down the main drive where not even staff were allowed. His father was a senior member of staff but even so it was an extremely daring thing to do.

Miss Venn is doing a wonderful job – even getting children reporting at 7.30 a.m. with their parents when put on "detention". I worked in an Australian High School for many years and my late husband was the Principal and that is something he never thought of doing! It's an idea I shall pass on but I don't imagine there will be many takers.

So much I suppose has changed as the school has grown, but as I passed Miss Venn's office and left through the main entrance I left with my memories from 1953 intact, at least some of them, and it was with a warm and comfortable feeling. For me, Balshaw's has retained its own ambience.

Thank you Miss Venn.

Margaret Semple attended Balshaw's between September 1947 -July 1953. A keen badminton player, Margaret went on to represent England 25 times between 1961 and 1966 in Ladies and Mixed Doubles in the UK and overseas.

■ DEAR MISS VENN MANY THANKS FOR THE COPIES OF TRANSFORM WHICH I HAVE BEEN READING WITH GREAT INTEREST. WHAT

excellent accounts of school life they are. So much has changed since I was teaching history at Balshaw's and so many opportunities are now open to your students. I hope that they realise how fortunate they are to be at Balshaw's.

Congratulations to the editors, production team and contributors for such an interesting and well produced Newsletter.

My best wishes to all.

P A Nicholas

MAGDALENA PACZKOWSKI

■ HELLO, MY NAME IS MAGDALENA PACZKOWSKI. I AM A TEACHER FROM



Germany and last September I was given the opportunity to spend two days at Balshaw's C.E. High School.

During my time at Balshaw's, I was able to give pupils a short introduction to both German and Polish culture, as well as teaching them a few essential phrases.

Through the use of role-plays, the children learned simple conversational phrases and worked on their pronunciation of basic greetings.

The children were keen to learn about Germany and Poland, so I told them about the cities they can visit and the exciting local dishes to try.

The pupils were particularly interested in the Munich Oktoberfest and tasty Polish Bigos.

However, it wasn't just about the pupils learning. During the two days I spent at Balshaw's, I was able to discover much about the English school system and I found all the teachers to be most helpful in answering any questions I had.

There are many differences between the English and German school systems.

For example, in Germany, school starts at 8 o'clock in the morning and we actually have three different levels of High School. When pupils reach the age of 11, they sit exams, the results of which decide which of the schools the pupils are permitted to attend.

Personally, I think it is really good that there is no such selection in the English school system; it's just too early in my opinion.

In the English system, pupils can stay together with friends, but still have the opportunity to be challenged at a suitable level within their particular set.

Also, in Germany, if pupils do not pass all of their tests, they have to re-sit the year. So, I imagine some of the pupils are pretty glad they don't go to school in Germany.

One aspect of the German school system which is, however, very good is the language teaching.

In Germany, much emphasis is put upon language learning, in fact, English, along with German and maths, is one of our three key subjects.

I think it is a real pity, that pupils no longer have to study a language in the UK, because learning new languages helps people to understand one-another and brings cultures closer together.

However, I think that ideas such as the European week of languages are a really great idea for getting pupils interested in language learning.

I am really glad that I was able to be a part of this initiative and I would like to thank all the staff and pupils at Balshaw's for having me.

LOCAL DEMOCRACY WEEK 2010 QUIZ NIGHT



■ BALSHAW'S TAKE PART IN THE LOCAL DEMOCRACY QUIZ NIGHT AT PENWORTHAM YOUTH CENTRE ON TUESDAY 12TH OCTOBER

2010, competing against Youth clubs, Duke of Edinburgh

and scout groups. The team of five pupils, Henry Andrew, Liam Dobinson, Andrew Baron, Marie Shorrock and Hazel Shorrock were supported by two members of staff, Miss Warburton and Mrs Bowden.

The pupils were quizzed on music, sport, showbusiness, current affairs, young people and politics. The team pooled their considerable knowledge to achieve a very good score of 55 out of 67. This was made even more impressive by the fact that they only dropped two points in the final rounds of the evening. As a result of this they received a prize of £75.00 for the school to be used to the benefit of the pupils. The pupils will meet in the next half term to decide the best use for the money, but it is hoped to be used on an Eco project in school for the pupils.

The school is grateful to the team for giving up their evening to take part and represent Balshaw's in this new event for the school.

A WORLD OF LANGUAGES

■ "DISCOVER A WORLD OF LANGUAGES" WAS THE THEME FOR THIS YEAR'S EUROPEAN DAY OF LANGUAGES, HELD ANNUALLY ON

September 26th and that was what pupils at Balshaw's certainly did this year!

The week started with a visit from Maggie, who was born in Poland, had moved to Germany and was now living in England.... to mention just a few of the languages in which she was able to communicate. Wow! Maggie visited several Modern Languages lessons last Monday and Tuesday and inspired many of our pupils with her linguistic skills.

On Monday evening we held our ever popular Languages Evening when we had an amazing choice of 10 languages to choose from for taster lessons. Over 70 people attended this event and thoroughly enjoyed the evening.

Several departments in school also joined us in our celebrations this week in a variety of ways. To name but a few: the English department looked at words borrowed from other languages whilst the History department considered the origins of language. The Maths department had starter activities in a foreign language, the R.E. department considered a variety of symbols of other countries and a Geography lesson on weather was delivered using some Spanish. On Tuesday evening the Science and Modern Languages departments joined forces to present a Murder Mystery evening.

On Wednesday Mr. Paul Midgley, former pupil and parent of the school and now link governor to the MFL department, spoke to year 9 in assembly time and emphasised the ever increasing value of and demand for a qualification in MFL in the world of work today.

On Thursday Mrs. Lorraine Wright from Newman College gave an introductory lesson in Portuguese to some of our year 10 pupils then in the evening members of the MFL department were joined by other members of staff, pupils and parents at Isolabella restaurant in Leyland where we had a super evening tasting the delicacies on offer.

Friday saw a splash of colour around school as some pupils dressed in the traditional dress of a variety of countries and there was an assembly delivered by year 11 on the theme of "The European day of Languages." There was a competition amongst the staff as to who could speak the most in a foreign language. Food tasting took place to practise a grammatical point in French in one class and The Languages Department tested pupils' transferrable linguistic skills by providing a "lesson" in Italian. A poster competition was held for year 7 pupils "Why learn a foreign language?"



On Tuesday 28th September some of our year 10 pupils studying French or Spanish attended the celebrations at Runshaw college.

A huge thank you to everyone who joined in any of the above activities. We hope you enjoyed them! Remember: "A little language goes a long way!" Winners of all the competitions are to be announced.

ROYAL MARINE VISIT

■ ON THURSDAY 16TH SEPTEMBER LANCE CORPORAL MIKE BEATON OF THE ROYAL MARINES ALONG WITH PETE COLLINS A PT

instructor in the Royal Navy visited school to speak to a Year 10 group about life in the armed forces. Mike a trained chef had served in both Sierra Leone and Northern Ireland. He spoke frankly to the students about his experiences. During the session he showed the group a days ration box that is presently used in the Afghanistan conflict.

The group had great fun making chicken curry which had the secret ingredient of a chocolate Bounty bar. It was an experience the group will never forget due to the military style of delivery.



WEAR A BLUE TOP DAY

Juvenile Diabetes Day at Balshaw's Friday 12th November 2010

■ IT WAS OWEN REYNOLDS'S MUM, IN CU3, WHO KINDLY POINTED OUT THIS DAY TO US AND ASKED THE SCHOOL TO SUPPORT WITH A

Blue Day. Juvenile Diabetes Research Foundation was founded 40 years ago and exists to find the cure for Type 1 diabetes and its complications. The Chief Executive of the organisation and several of the Board members also have Type 1 diabetes.

Diabetes occurs when the level of glucose (sugar) in the blood becomes higher than normal. There are two main types of diabetes. These are called Type 1 diabetes and Type 2 diabetes. Type 1 diabetes is the type of diabetes that typically develops in children and young adults. In Type 1 diabetes the body stops making insulin and the blood glucose level goes very high. Treatment to control the blood glucose level is with insulin injections and a healthy diet. Other treatments aim to reduce the risk of complications and include reducing blood



pressure if it is high, and to lead a healthy lifestyle. In our school there are six pupils with this condition.

A big thank you to all those pupils who supported this worthwhile cause and wore a blue top for the day. Also to the kitchen who raised £65.00 by selling blue products all week.

We raised over £265.00 and this was sent to the charity.

DON'T TOUCH THE BUTTONS!

■ THE WORDS OF OUR DEPUTY HEAD, MR. MORGAN, WERE RINGING IN MY EARS AS I ENTERED THE COMMAND CENTRE OF CERN IN

Geneva, Switzerland

"What ever you do ... don't touch the buttons!"

Most people have heard about the work at CERN regarding Black Holes and the end of the Universe; all scare tactics by the media. CERN is not just about colliding protons, it is a whole lot more. Lots of cool stuff has come out of this 'village' of eminent scientists including the World Wide Web, which was set up so that international researchers could communicate with each other, to MRI scanners to diagnose cancer.

I was fortunate enough to be invited to spend 4 days at CERN, as part of an international teacher programme, to learn more about particle physics. The hours were long (first lecture at 8:30 am) but the company amazing. I discovered from the first video about CERN that I had in fact been eating my dinner with a Nobel prize winning physicist. It didn't matter that I was a humble High School physics teacher, what was important was that I was to become an Ambassador of CERN education.

Due to start up within two weeks of my visit I was allowed



to enter the underground chamber at CMS. Boy is this place big! Humans look like ants next to the large magnets that will house the recording instruments that will record what happens when protons collide.

The command centre is where all the data collected is viewed and analysed ... looking for the Higgs Boson.

What of that warning? Don't touch the buttons.

Well sorry Mr Morgan but they made me touch the computers and to my knowledge nothing broke whilst I was there!

Jane Hayes

THIS YEAR IS A CENSUS YEAR

Did you know that this year is a Census year and the Censuses have been going for nearly 6000 years



500 BC 2,000 BC

4.000 BC 3,800 BC

Around 4,000 BC the 6







1086



1821 1837



1600











1931



1981



count me in

2011

1951



1971 - income question considered and OS maps enumerators

Ethnicity question included on the form

ngements 1991



will be able to complete the

In 2011 respondents



NUCLEUS

BALSHAW'S SCIENCE NEWS

AN UPDATE OF PAST AND FUTURE TRIPS, NEW EXCITING TECHNOLOGY AND FACILITIES

Science Teachers from across the North West visit Balshaw's

ON SATURDAY 13TH NOVEMBER 2010 SCIENCE TEACHERS FROM ACROSS THE NORTH WEST VISITED BALSHAW'S FOR THE

"Triple Science Learning Visit". This course was hosted by the Science Department with funding gained from the Specialist Schools and Academies Trust.

Staff and pupils from Balshaw's demonstrated teaching and learning ideas as well as some of the exciting practical experiments that are carried out during Science lessons at Balshaw's.

The feedback from all delegates was overwhelmingly positive with one visiting teacher saying "thanks for a great day, picked up some wonderful ideas".

A big thanks must go to the Science staff who helped out and the pupil volunteers of 10 Set 2 who gave up their Saturday morning to come in and demonstrate some Science!

Balshaw's links up with Bolton School

■ AS PART OF THEIR OGDEN TRUST PARTNERSHIP, BALSHAW'S

have linked up with Bolton School. This has provided some outstanding CPD for Balshaw's Science staff including "Chemical Calculations"



and "Exciting Demos in Science". The link also saw our Year 11 Set 1 and 2 Triple Science pupils visit Bolton School in October to hear Dr Jim Wild of the University of Manchester give a lecture on the topic of "The Northern Lights".

We are delighted to be a part of Bolton Schools network and we are looking forward to the many events they have planned in the future!



IN THE LAST EDITION OF TRANSFORM WE REPORTED HOW MISS MOLYNEUX HAD BEEN AWARDED A ROYAL SOCIETY HAUKSBEE

award. Here we examine the work of this 350 year old establishment.

The Royal Society is a fellowship of 1400 outstanding individuals who represent all areas of science, engineering and medicine and who form a global scientific network of the highest calibre. It exists to expand knowledge, support science and guide policy in the UK, the Commonwealth and all over the world.

Fellows of the Society, who are elected for life on the basis of scientific excellence, have included Isaac Newton, Charles Darwin, Ernest Rutherford, Albert Einstein, Dorothy Hodgkin, Francis Crick, James Watson and Stephen Hawking. Today there are approximately 1,500 Fellows and Foreign Members, including more than 70 Nobel Laureates.

Each year the Society organises a Summer exhibition of cutting edge Science where Scientists from around the UK bid to have their work displayed. Balshaw's own Miss Molyeux has been invited to sit on the Summer Exhibition Committee for the society and be part of the decision making process as to which work is exhibited!

The Summer exhibition opens to the public in July and all friends of Balshaw's are cordially invited!

NUCLEUS BALSHAW'S SCIENCE NEWS

Blast Off to NASA!

FROM THE MOMENT I RECEIVED THE PHONE CALL FROM TONY HARDIKER, HEADTEACHER OF TARLETON HIGH SCHOOL,

to say that I would be going to NASA, Florida I couldn't contain my excitement!

I met with Lindsey Dudley (MFL, Tarleton) and Catherine Godbold (Science, Brownedge St Marys) who would be my fellow travellers from South Ribble and we began to formulate a plan for how we would make the most of the visit. We set up a website: www.southribbleschools.co.uk with a countdown to our visit and a twitter feed so we could blog our experiences to the world.

To work with such like-minded teachers was so inspiring. At one of our evening meetings we even failed to notice the pub emptying around us as we chatted the night away about all the experiences we were going to have and it was gone midnight when the manager informed us that he wanted to go home!

Then as October half term arrived we were off! A drive down to Heathrow saw us meet up with a group of teachers from Norwich who would be our travelling companions for the next week. Chris Barber from ISSET introduced himself as our tour guide and all round NASA guru for the week (indeed he would prove to be invaluable) and the group hit it off immediately, with joking from the outset! We shared ideas and stories from our schools and the experience has made us lifelong friends.

Our arrival in the USA was a turbulent one to say the least. A delayed flight, a missed connection and lost luggage just a few of the highlights of the first 24 hours. However we didn't let it dampen our spirits and we finally arrived to a sun soaked day in Cocoa Beach and celebrated with a quick game of frisbee on the beautiful golden beach.

The next day we were off to NASA HQ where we spent each morning in the Astronaut Memorial Centre Education Suite trying out unusual teaching and learning techniques and meeting some



inspirational people. Bob Sieck, Director of Shuttle Processing told us how his secret to success was good relationships amongst everyone at NASA; something that resonates with our own Balshaw's community. Each evening we dined with some of NASA's legends. Jay Hunnicut was NASA Controller during the Apollo missions and his stories of those historic times were truly amazing. We met many astronauts including Jim Adamson who travelled into space twice, and John Blaha who taught us how to use Keplar's Second Law of Planetary Motion!

The week ended with a visit to the Meritt Wildlife Refuge where our tour guides Ed and John introduced us to saltwater dolphins, the famous Florida crocodiles and Manatees!

After a week of awe-inspiring activities that saw us all thoroughly exhausted we finished the week with an unexpected flight upgrade to first class. We returned to the UK inspired, enthused and with a wealth of new ideas and new friends. Thank you to all my fellow travellers and to Tarleton and Balshaw's for giving me this wonderful opportunity!

Caroline Molyneux

NASA Visit for South Ribble Teachers

■ IN OCTOBER HALF TERM THREE TEACHERS FROM ACROSS SOUTH RIBBLE HAD THE OPPORTUNITY TO VISIT NASA

in Florida to find out about their unique approaches to Teaching and Learning and Leadership.

Balshaw's very own Miss Molyneux was one of the lucky teachers who were chosen.





400TH ANNIVERSARY

■ THE 400TH ANNIVERSARY OF THE KING JAMES BIBLE. ADVENT 2010 MARKS THE BEGINNING OF

the Christian year and a very special anniversary year in the life of our Church and nation: the 400th Anniversary of the completion of the King James Version of the Bible. There have been few more important

The story began in 1604, at the Hampton Court Conference on the future of the church; at this conference it was decided to commission a new translation of the Bible in an effort to provide a new translation which would be acceptable to everyone.

single publications and its impact through history has been colossal.

James I and Richard Bancroft, Bishop of London, later to become Archbishop of Canterbury, drew up instructions for the translators which would ensure that the new version would conform to the theology of the Church of England.

Six Companies of Translators were established: based in

Westminster, Cambridge and Oxford. By 1608, the various sections were finished. In 1610, a meeting was held at the Stationers Hall, City of London, to discuss the translations.

Building on the advances in Hebrew and Greek scholarship, together with the insights of previous translators, the translation teams produced a remarkably rich and resonant version, which was to serve for public readings in churches as well as private devotional reading.

The Bishop of Gloucester, Miles Smith, wrote the Preface, which acknowledged the new translation's debt to its predecessors, but set out the hope that "out of many good ones" there would now be "one principal good one" used by everyone.

In 1611, The King James Bible was published, despite considerable problems printing it.

For further information about the King James Bible Trust and its work promoting the Anniversary please go to: www.kingjamesbibletrust.org.

HAVE YOU SEEN OUR NEW MINIBUS?

■ IT IS A FORD TRANSIT 16 SEATER AND COST £20,904. THIS WAS PAID FOR BY THE HARD WORK AND EFFORTS OF THE BALSHAW'S

Association (as well as a generous donation from the Harris Trust). Over the years they have raised £100's of £1000's of pounds for the school. This latest acquisition allows us to go to a lot of events, particularly sporting fixtures but also means we can bring neighbouring primary schools to Balshaw's for taster days linked with our Engineering Status.

Mr Ian Whiteley who joined us in February 2010 is the designated driver and he also looks after the daily running of the bus. We are very lucky as a school to have this facility.



What happened to our old minibus? This was donated to St Andrews for their use within the Parish. We really do recycle everything!

THE BBC RADIO LANCASHIRE VISIT

■ AS WE SET OFF TO GET TO THE RADIO H.Q I WAS IN CHARGE OF DIRECTING US TO WHERE WE HAD TO GO. AT FIRST WE THOUGHT WE

were lost but luckily I managed to get us to where we had to go. When we arrived we saw a lot of young people waiting eagerly to go and listen to the debate. On entering the room where the broadcast was taking place I saw people on the panel that I knew from the Lancashire youth council.

They were mainly talking about problems that concern young people of all ethnic origins.

One of the topics was about forced marriage. One of the members of the panel was of Indian origin and she had some bad experiences because of the rule of forced marriage. Afterwards there were some topics which affected practically every young person that I know. One of these was young people's image in the media. A lot of people think that young people are young trouble makers who stand on street corners, with knives in their pockets just waiting for an innocent person to walk by and then stab them. When, in actual fact, a lot of young people are not like that at all. They are honest hard working people who study and revise for any and all tests and take any opportunity that comes their way. I really enjoyed the experience and particularly listening to the debate and hearing about all of the different views and opinions from both young people and the elderly.

NIS LTD.

■ WE WELCOME MIKE SWIFT AS A NEW MEMBER OF OUR ENGINEERING STEERING GROUP. THE FIRM NIS HAS A LOT TO ADD TO

our specialism in Engineering. Do you know anything about the company? Read on.

NIS has been located at Chorley for over 25 years and the premises provide a production workshop for the manufacturing, testing and development of special purpose plant and equipment for high technology industries. A separate tall high bay allows the construction, testing and development of large projects away from the main workshop.



Providing professional engineered solutions to complex challenges demands a broad and diverse range of capabilities. NIS are proud to offer a comprehensive range of services that provide customers with the flexibility they need to bring value to their projects, whatever the size.

MATERIAL HANDLING





NIS has over 25 years of material handling experience which includes precision conveyance of small, delicate items to fully loaded 40 foot container wagons and tractor units. NIS has the innovative ability to integrate existing technology with bespoke systems, combined with in-house design, manufacture and testing facilities.

ROBOTICS

NIS offers a specialist knowledge in the integration, tooling and programming of robots. We have * established working relationships with many industrial robot manufacturers such as Fanuc, Kuka, ABB, Kawasaki and Mitsubishi.

NIS offer an integration service





for six-axis robots of all sizes and for all applications, from 20 tonne tool loaders to palletisers, heat-resistant robots and welding robots.

NUCLEAR

NIS offer practical solutions for the most complex of nuclear challenges, from new build through operations, to waste treatment and decommissioning.

Gloveboxes; Automation; Mechanical Handling Equipment; Waste treatment solutions; Nuclear Fuel Transport equipment; Bespoke Plant and Equipment







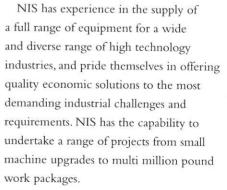
AEROSPACE

Using in-house expertise in robotics and material handling, NIS provide the aerospace industry with bespoke solutions. With the aerospace industry pushing the boundaries of material technology, sophisticated processes and materials must be handled with great care and precision. NIS provide design, manufacture, installation, commissioning and maintenance of systems to our clients and partners.

NIS has worked with BAE Systems for many years, designing and installing tool and component loaders used for press and furnace loading and unloading used in the manufacture of aerospace components for both the Typhoon and JSF (Joint Striker Fighter) military aircraft.

INDUSTRIAL







We look forward to working together, visiting the site and exchanging good practice.

Mike Swift

SHAKESPEARE FESTIVAL





■ BALSHAW'S WERE ON STAGE AT THE PRESTON CHARTER THEATRE IN OCTOBER. OVER 30 PUPILS PUT ON A PERFORMANCE

of A Midsummer Night's Dream as part of the Shakespeare School Festival. It was a great occasion and parents, governors, staff and pupils went to watch. We were one of the few schools who were not a Performing Arts College to take part, but as you know Balshaw's aims at excellence in all areas. It was a magnificent production and showed the professionalism of the staff at school. Well done to Mrs Whittam and Miss Smith. Pupils contributed to the event not just by performing, but designing costumes and directing the sound and lighting.





ACCORD AWARD

IN 2010 BALSHAW'S WAS DELIGHTED TO WIN AN ACCORD AWARD FOR INCLUSIVITY. WE



were recommended for this award after our Race Equality Award and our work with neighbouring schools. The Accord Inclusivity Award was launched in 2010 and Sarah Hetherington and Sarah Montague from the Global Partnership and the Local Authority put us forward.

The award seeks to recognise the achievements of schools that celebrate the diversity of religions and non-religions

within the schools and wider community that goes beyond a school's legal requirements on inclusion and equality.

The school was runner up to Manorside School in North London.

The awards are judged by such people as Julia Neuberger Jewish Rabbi and members of Religious and secular bodies. The judges look for schools with an ethos that celebrates inclusion and pride themselves on building links within and between communities.

We hope that we always live up to this accolade.

A DAY IN THE LIFE OF...

■ A RECENT EMAIL FROM LIZZI UNDERWOOD KEEPS US IN TOUCH WITH LIFE BEYOND SCHOOL.

I started my PhD at the National Institute for Medical Research (http://www.nimr.mrc.ac.uk/) just over a year ago, having graduated from Warwick that summer. The NIMR is MRC funded and mainly focuses on basic science research, all with a medical slant. The group I'm part of specialises in protein crystallography and biophysics, aiming to work out the structures of proteins and how they function in order to aid rational drug design. We mainly work on AMPK, which is an anti-diabetes and potential anti- obesity therapeutic target (the most common anti-diabetic drug, metformin, is targeted indirectly to the pathway).

I've attached a piece I wrote recently for the work magazine; it's quite light-hearted and entitled 'A day in the life of a PhD student'.

A Day in the Life of a PhD Student

There are around 20,000 PhD students in the UK; they are answering questions about anything from 'The Dead Sea Scrolls and Early Jewish History' to 'Galaxy formation studies with Gravitational Telescopes'. Of course, every PhD is different and mine neither drags me back to a biblical age nor flies me to the stars; however everyday it takes me down to the microscopic world, and lets me 'see' proteins which are only nanometres in size.

My PhD uses a combination of crystallographic and biophysical techniques to look at the structure and function of a protein called AMP-activated protein kinase (AMPK). The full-length structure of this protein remains clusive, but various 'pieces' of it have been solved by members of the lab at the NIMR, and by others across the globe. These structures are fascinating; they allow you to 'see' where regulatory molecules bind, and speculate on how, mechanistically, they have their effect. They also allow for rational drug design, an important role, since AMPK is an anti-diabetes and anti-obesity therapeutic target. So, what is the average day in my PhD?

Following a whole lot of alarm snoozing, a bowl of

weetabix and some BBC breakfast, my
3 housemates (also PhD students) and I
drive over to the institute from Finchley.
Although technically a member of Molecular
Structure, my computer is located in Physical
Biochemistry, so I head straight there, and settle

down for the obligatory start-of-the-day email check before cracking on with some work.

Over the first year of my PhD I have carried out a huge number of fluorescence titrations, looking into the binding between AMPK and the nucleotides that regulate it. Therefore for most of my day I can be found hovering between an excel spreadsheet and the fluorimeter, armed with an eppendorf, a scrap of paper and a pipettor. On the days I tear myself away from biophysics and head upstairs I've been trying to produce a crystal structure of AMPK bound to the fluorescent nucleotides I use in the binding titrations. This allows me to 'see' them in their binding pockets, and to check that these sites are the same as those bound by un-labelled nucleotide. The combination of techniques is powerful, and challenging.

Despite having lots to do, I take advice such as '...to take breaks in between work after every two or three hours' very seriously, and therefore split up my day with coffee and cookie times, lunch, and aerobics twice a week in Fletcher Hall. I'm also told to 'maintain a healthy work-life balance' so enjoy the occasional sneaky drink after work. I am also treasurer of the UCL lifesaving society (by way of an explanation, this involves a combination of swimming and first aid skills and is something I got into during my undergrad degree).

The end of each day sees my coffee mug a little dirtier, my desk a little messier, and a few more Excel files present on computer. Although, my PhD may never tell the world anything about galaxy formation, or Jewish history, I hope it will add something to the understanding of AMPK, and therefore to the treatment of increasingly prevalent diseases such as diabetes. For now, I can't think of a better way to spend my day.

CHRISTMAS HAMPER, THANK YOU

■ TO PUPILS AND STAFF, ON BEHALF OF MY MUM, MARGARET LANG OF MALDEN STREET, I WOULD LIKE TO THANK YOU FOR YOUR

thoughtful gift of a beautiful hamper. Acts of kindness such as this make such a difference, she was delighted to receive it.

Best wishes and thank you from Margaret and myself

Sarah Nelson



REST IN PEACE

MATTHEW MILLER 1992-2010 ECCLESIASTES





It was with great sadness that we heard of the tragic death of Matthew who was a pupil at Balshaw's from 2003 to 2008.

Matthew was a very fine cricketer and represented both his house and his school as well as playing for Leyland IV team outside school.

We have very fond memories of him as an excellent student. His PE and ICT pieces of coursework are still used as examples of excellence when shown to present pupils.

His Resistant Materials coursework was an excellent lamp, which you can see in the picture above left.

The other picture is of Matthew representing the school on a visit to Leyland Trucks to study Engineering in the work place. This was an able and talented group and Matthew can be seen in the middle of the picture.

JOF YATES 1988 - 2010







Sadly we also learned of the sudden and sad death of Joe Yates who was a pupil at Balshaw's from 2000 - 2005

When we were endeavouring to gain Engineering Specialism we used a lot of Joe's ideas and work as inspiration.

He was a superb craftsman, making models of people from nuts and bolts as you can see from the pictures above.

His GCSE Art piece was a sculpture which we have had galvanised and placed in the Memorial Garden as a lasting memory of all he meant to the school.

Like Matthew, Joe was a first rate role model in all that we hold dear to Balshaw's not least

Appearance

Behaviour

Commitment

CH 3v1-14

A Time for Everything

There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate,

What does the worker gain from his toil? I have seen the burden God has laid on men. He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. I know that there is nothing better for men than to be happy and do good while they live. That everyone may eat and drink, and find satisfaction in all his toil this is the gift of God. I know that everything God does will endure for ever; nothing can be added to it and nothing taken from it. God does it so that men will revere him.

a time for war and a time for peace.

Our thoughts and prayers go out to the families of both well loved youngsters.

CLIMBING CLUB





■ CLIMBING CLUB RUNS EVERY TUESDAY NIGHT AFTER SCHOOL LED BY MR CHALMERS. BEING A PART OF THE CLIMBING CLUB HAS

many benefits such as trust building, creative problem solving, positive risk-taking, perspective taking, empathy development, patience, perseverance and persistence. Climbing is also a great source of exercise and uses many different muscle groups.

Since October as a part of their Duke of Edinburgh Award, 12 of our year 10 Students have been taking part in Climbing Club. They have written some of their thoughts on the club below.

Over the past couple of months, we have been using the climbing wall every Tuesday for an hour after school to go towards the Duke of Edinburgh award. We have gained knowledge and skills about climbing, we have faced our fears of heights by the encouragement from our classmates to make our way to the top. We have learnt how to belay responsibly, which is an important safety aspect of climbing.

As well as learning a lot of skills, we've had a really fun time, like when Mr Childs jumped off the wall to demonstrate to us that he trusted that we would not allow him to fall to the ground and Jonathan's enthusiastic scream. We learnt how to tie figure of eight knots for extra safety. These climbing lessons are valuable for our future and give us skills which will be useful for life. From experience, we've learnt that we are very secure in arresting falls as we have prevented Jonathan Mote and Katie Minihan from falling to the ground when they fell whilst climbing. We love rock climbing it has been a great experience.

By Shannon Duckworth, Jonathan Mote and Katie Minihan

Balshaws now has 5 members of staff who are qualified to run climbing wall sessions; Mr Chalmers, Mr Childs, Miss Tarling, Mr Barrett and Miss O'Brien.

Climbing Club is open to all students at Balshaws, the club runs every Tuesday after school 3.45pm -5.00pm. Due to there being only limited numbers able to take to the wall in any one session the club runs on a rota basis to allow as many students as possible to enjoy the climbing experience. Any students interested in being a part of climbing club must see Climbing Club Coordinator Mr Chalmers to obtain a parental consent form.

I look forward to showing you the ropes.

Mr Chalmers



FRANCES RENWICK REMEMBERS

IN THE APRIL ISSUE OF TRANSFORM WE HAD AN EXCELLENT ARTICLE ON WAR-TIME AT BALSHAW'S AND THE WRITER JAMES MOON

asked about what happened to the lads from Balshaw's who lost their lives in the Second World War.

Their names are inscribed on a memorial plaque in the hall: John Dewhurst; Eric Wright; David Gold; Charles Frederick Dugdale; Rainford Gent Marland; John Hargreaves Sanderson; Frances William Shepherd; George Herbert Stratton; Frank Valentine; John Nelson Wilkinson

We asked Frances Renwick, former pupil who celebrated her 90th birthday this year and still visits the school for Reunions and Speech Night, to tell us what she remembers about them. This is what she said:

David Gold - A quiet, serious lad. His mother was my cousin.

Charlie Dugdale - A cheerful and happy boy. Curly haired with fresh complexion. He lived in Middleforth, Lower Penwortham.

Frank Shepherd - Fair haired, always smiling. Younger brother of Roland Shepherd, one time Head Boy. For punishment he was given hundreds of lines and we girls used to write them for him.

Ray Marland - I only remember him slightly. We looked in the old Balshavian magazines and enclose his photo and obituary.

John Wilkinson - He lived in Fulwood. His father had a business and made mineral waters, hence we called him "Pop". His elder brother was Ellis Wilkinson and his sister was Betty Wilkinson, both of whom were pupils of the school. He was killed in Burma.

Matthew Leslie Banks - He was wounded at Dunkirk and was taken prisoner and held until the war ended. He was killed sadly about 2 years ago in a hit and run accident aged 88.

"Dulce et decorum est pro patria mori"



Pilot Officer R. G. Marland

T is with profound regret that we record the death on active service in the Middle East of Pilot Officer R. G. Marland, only son of Mr. & Mrs. T. R. Marland, of Ribbleton Villa, Ribbleton Avenue, Preston.

"Roy" as he was known to his associates attended the school from 1928 to 1931, when his parents left the district. Those who knew him best were not surprised that the call to service on the outbreak of war should find him a member of the R.A.F. V.R. After a spell of training he received his wings as a Sergeant Pilot in May, 1940 and was commissioned in March, 1941.

He went through the Battle of Britain as a fighter pilot after which he was with a squadron on the East Coast. He was again transferred to the South and took part in many operational fighter sweeps over France. Then followed service in the Western Desert where during offensive operation he met his death.

H.I.L.

In the Hall we have the medals of Charles Frederick Dugdale which we show to our History students.

Sadly Frances died in her sleep on Tuesday 31st August last year. She will be greatly missed.

1940s - 1950s REUNION

■ EVERY YEAR, PUPILS FROM THE 1940'S - 1950'S HAVE A REUNION IN THE

Hall when about 50 of them gather together to talk about the olden days at Balshaw's. Last October was no exception. This is organised by Barbara Wright for her era and Hazel McDade for hers. Greetings are heard from former Balshavians



all over the world. Sadly there is often news of friends who have died and obviously Frances Renwick was one of those this year. Irene Ogden arrives every year and sometimes in her old school uniform. She is still able to get into it over 50 years later!! After a good meal in the school canteen and a round up of the year's events at Balshaw's, Mrs Wright then gave a cheque towards the Help the Heroes event. If you are a former pupil from this era and would like to attend, please contact the school.

SRI LANKA DAY

■ BALSHAW'S HAS BEEN LUCKY ENOUGH TO BE ASSIGNED A PARTNERSHIP SCHOOL IN BADULLA, SRI LANKA. IN ORDER TO ALLOW

pupils to find out more about the country, its culture and its language Miss O'Brien and Miss Brown ran a Sri Lanka day in school for year eight pupils on Friday 16th July 2010. Year eight was taken off timetable and were treated to a variety of lessons from both visitors to the school and the Balshaw's teachers who volunteered to take part in the experience. Some fantastic lessons were provided including Sri Lankan cookery with Mrs Thomas,







Climate control lessons in the maths department, tourism lessons with the Geography department, Buddhism lessons with Miss Venn and Mr Nolan, Sinhala language lessons with Miss O'Brien, Sri Lanka design lessons with Miss Smith, cultural mask making with Mrs Drew and Mr Mort and shadow shows with Miss Brown.

As well as these exciting lessons Miss Molyneux invited a guest speaker to the science department to talk about the wildlife of Sri Lanka. Andrew Gray brought in a variety of



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endangered frogs, newts, geckos and a snake. He gave a fascinating talk to many groups during the day and it was so popular that he even returned in the evening when parents, siblings and teachers joined us to hear more about these endangered species and get the opportunity to hold them. Miss O'Brien invited a Sri Lankan dance group who performed a variety of dances in traditional costumes with traditional Sri Lanka drums. The audience was amazed and



thoroughly enjoyed the performance. Following this, the group ran workshops to talk about Sri Lanka



and its culture. Year eight got the opportunity to try the Sri Lankan drums and see how the dancers got prepared for a performance in the traditional dress. They were amazed to see how difficult it was and how long it took!

Sri Lanka day was thoroughly enjoyed by year eight, the teachers and even our external visitors and most importantly

it gave us the opportunity to learn more about a country and culture that are both so different from our own.



