

# MONTGOMERY

ACADEMY



*Summer 2019*



It is with a great sense of pride that I write the last newsletter introduction for the academic year 2018-19. What a 12 months it has been on the Montgomery journey of school improvement. We have sought out nationally recognised experts in their field to help build the pace of positive change in all that we do. The three newsletters produced this year, of which all are available on our website, demonstrate the wonderful opportunities and successes experienced by the young people it is our pleasure to work with.



Principal: Mr S. Careless

We started the year as Montgomery High School and finish it as Montgomery Academy with a new vision statement, new logo and are well on the way to fulfilling our slogan "Inspiring excellence together." We have completed the first year of the two-year implementation of our vision for teaching and learning, EXCEL. This has been an undoubted success and we look forward to finishing the job next year. Part of our work on improving the culture and ethos of the school saw the introduction of the House system. Congratulations go to Mr McNiven, Mr Wade, Mr Twambley and Mr Meakin led by Mrs Cumming for making the House system a great success so far.

We have won many competitions and awards over the year, starting with the two Gazette Awards for Secondary Student of the Year and Sports Team of the Year. We continue to dominate local sports competitions in Netball, Rugby, Football, Athletics, Rounders and Basketball. I would like to thank all the PE staff and other extra-curricular staff for their commitment to supporting our students to succeed. Students have also excelled at the many STEM club events including winning the North West STEM Robotics club challenge. Montgomery had 13 winners at the Ogden Trust (Physics) Awards 2019 held at the Sixth Form College.

Easter saw three magical nights of the school production Grease giving students of all years the opportunity to show off their many talents. There have been many educational visits including to Paris, the Lake District, Blackpool Sixth Form College and Blackpool and the Fylde College. This year also sees us re-introduce the Duke of Edinburgh Award scheme giving Year 9 and 10 students a chance to test their teamwork, problem solving, community involvement and the ability to read a map! A big thank you to Mr Higgs for his great work in setting this up.

The month of May saw a very positive monitoring visit from OFSTED; who said that we were doing all the right things to drive the academy forward to Good at the next inspection. The HMI, Neil Mackenzie, saw strong leadership and improvements in both teaching and behaviour. We have not rested on our laurels and this term have introduced learning homeworks for years 7 and 8 assessed weekly in assemblies. This is the first part of a significant focus on students studying independently.

In the last few weeks we have had a great week for our new Year 7 intake on Transition Week. They have solved murder mysteries, seen live dissections and a Science Spectacular. To round off the week they joined the rest of our students in a world record attempt for the most people performing "The Floss". This was a brilliant afternoon and our students and staff had a great time. Initial reports suggest we have broken the world record of 793 by quite a margin, but we await authentication of our attempt from Guinness World Records.

This event forms part of our Diamond Anniversary celebration of 60 years since Montgomery opened its doors and we plan to have a more formal event in September, so we will keep you informed.

To all parents/carers and students, have a great summer and we look forward to seeing you on our first day back, Wednesday 28th August.

Mr Careless

# THE HOUSE SYSTEM AND THIS TERMS CHALLENGES

	Monday	Tuesday	Wednesday	Thursday	Friday
Year 7			Big picture news (British Values)- Uniform and equipment	Catch up- behaviour and attendance conversations. Uniform and equipment.	Assembly
Year 8	House powerpoint, review of standards, attendance sheets, uniform and equipment.	Maths/ English booklets (alternate weeks). Uniform and equipment.	Big picture news (British Values)- Uniform and equipment	Assembly	Feel good Friday- student of the week. Catch up- behaviour and attendance conversations. Uniform and equipment.
Year 9			Assembly	Big picture news (British Values)- Uniform and equipment.	
Year 10		Assembly	Big picture news (British Values)- Uniform and equipment	Maths/ English booklets (alternate weeks). Uniform and equipment.	
	Assembly	Intervention Classes	Intervention Classes	Intervention Classes	

**HOUSE FIFA TOURNAMENT!**  
To sign up see Mr Diver

Tournaments will take place after school in O8.  
£5 buy in- Money will go towards your house charity

We need two students in each year group per house to play.

10th June- Year 10  
17th June- Year 10  
24th June- Year 7  
1st July- year 8  
8th July- year 9  
Staff game to be arranged

15th July - Final Week - Winners of All Year Groups play Semi & Final in the Assembly Hall - Students can pay 50p to watch (Money to house charity)  
Student vs Staff matches also taking place.

**HOUSE POINTS:** Weekly Tests Term Three Week 12th homework:

Basketball Challenge  
PURPLE HOUSE- 740 POINTS  
ORANGE HOUSE- 80 POINTS  
GREEN HOUSE- 48 POINTS  
BLUE HOUSE- 0 POINTS

7881

12296

8127

Attendance  
7th- 40 PPTS- BLUE HOUSE  
8th- 30 PPTS- ORANGE HOUSE  
9th- 30 PPTS- GREEN HOUSE  
4th- 10 PPTS- PURPLE HOUSE

9053

**Montgomery House Fundraising**

Haemochromatosis- UK  
Cardiac Risk in the Young  
Young Epilepsy  
blue skies hospitals fund

7881

12296

8127

9053

£146.03

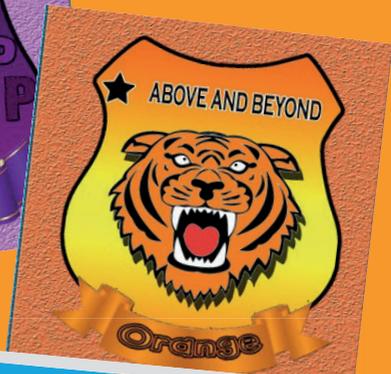
£242.78

£257.96

£189.37

**Total so far: £836.14**

The Big Battery Hunt  
The result are in and we are entered into  
the national competition



Y7-9 Overall Medal Table: Week 1-4

House	Gold	Gold = 3 pts	Silver	Silver = 2 points	Bronze = 1 point	Total Medals	Total Points
Green	192	576	264	528	299	755	1403
Purple	154	462	220	440	260	634	1162
Orange	141	423	284	568	253	678	1244
Blue	124	372	224	448	292	640	1112

THIS WEEK'S HOUSE CHALLENGE  
3pt Shooter BASKETBALL CHALLENGE

Do you think you are an accurate thrower?  
Can you score a basket from the 3pt line?

the gym on Wednesday break, you have an opportunity to gain points for your team in a basketball competition. From a set distance, you are challenged to score a basket. You will need strength, accuracy and, most of all, commitment to your house.

Wednesday Break

Hard Boiled Humanities Challenge!!

Thank you for all of the entries to the "Hard Boiled Humanities" challenge. Your house points will be added and the winner will be announced.

Winner is...



The BIG battery hunt success!



# Uniform at Montgomery Academy

All items should have the student's full name on them.

## Main Uniform

- School maroon blazer
- White school shirt with school tie of the year colour (open necked blouses are not allowed)
- Black full length regulation school trousers.
- Montgomery Academy skirt (girls). (Skirts should be no more than 2 inches or 5cm above the floor when kneeling down)
- Plain black school socks worn just below the knee OR plain opaque black tights (girls). (No leg warmers or leggings)
- All black flat footwear – not trainers (No white/coloured soles, no stripes, no piping, no logos). Boots will be allowed only if worn under trousers. (No backless shoes or sandals). A student wearing other footwear for medical reasons should provide a doctor's note. **WE REGRET THAT A LETTER FROM PARENTS IS NOT ACCEPTABLE.** If a student is not in correct footwear then they will be expected to borrow some black pumps from our stock in Isolation
- Outdoor clothing is not to be worn inside the dining rooms or classrooms
- Students will need an adequate school bag to carry exercise books, A4 folders, P.E. kit and equipment at all times.

## Hair

- Hairstyles must be suitable for the academy environment
- Only black, brown or blonde dyed hair is acceptable - no other dyed colours or streaks
- Tramlines or shaved head designs are not acceptable
- Plain simple hair bands or hair slides (no flowers/ no scarves). Hijabs should be plain black or maroon.

## Jewellery

Jewellery is restricted to:

- 1 pair of plain gold/silver coloured studs
- 1 wristwatch

No facial piercings are allowed

Additional jewellery may be confiscated for collection at the end of the school day.

## Make up

Make up must be minimal and natural, with no false eye lashes. Any students not conforming to this will be asked to remove their make-up.

## Nails

Nails must appear natural with no coloured nail varnish.

- Acrylic nails must:
  - be short in length
  - be natural in colour
  - have a rounded tip

Students arriving to school with coloured nail varnish or inappropriate acrylics will be asked to remove them.

## P.E. Kit

### Boys

#### Compulsory

- Montgomery polo-shirt
- Plain, black football shorts
- Montgomery football socks
- Trainers
- Football boots
- Shin pads
- Hair bobble if hair is long enough to tie back
- P.E. bag large enough to carry all PE attire required for lessons
- Plasters if ears have just been pierced and earrings are unable to be taken out

#### Optional

- Montgomery ¼ zip tracksuit top
- Plain, black tracksuit bottoms

## P.E. Kit

### Girls

#### Compulsory

- Montgomery polo-shirt
- Black skort
- Montgomery football socks
- Trainers
- Football boots
- Shin pads
- Hair bobble if hair is long enough to tie back
- P.E. bag large enough to carry all P.E. attire required for lessons
- Plasters if ears have just been pierced and earrings are unable to be taken out

#### Optional

- Montgomery ¼ zip tracksuit top
- Plain, black tracksuit bottoms or leggings



Progress Tutors will ensure that students for whom they are responsible comply with school uniform requirements at all times. Class teachers will rein-force these expectations with their classes and insist that nothing inappropriate is worn during lessons.

Smart devices promise to make our lives easier. In many cases - they do, however these new technologies present risks too. Whether you're using a digital assistant to record your shopping list or you're controlling your lights through a smart system, many smart functions can be 'hacked' and controlled by someone outside your home. This guide will help you identify some of the ways you can stay alert and protect yourself.

## 1 KNOW THE RISKS

The success of any smart device relies on it communicating with other devices using the Internet. It's an unavoidable part of using smart devices, but it does expose you to numerous risks. Attackers could use the Internet connection to steal your data for identify fraud or to make unauthorised purchases through your devices. There is even potential for more sinister exploitation, such as child grooming or cyber-bullying.

## 2 WHAT IS THE INTERNET OF THINGS?



This is the term given to all the devices connected to the Internet in your home. It includes a new digital doorbell connected to your smartphone, your kettle that boils when you tell it to on your tablet or your heating that comes on when you swipe on your smart watch. The Internet of Things (IoT) is designed to make life easier, but it also opens up your home network to potential cyber-attacks. It doesn't mean you can't enjoy the benefits, but it does mean being aware of the potential negatives.

## 3 CHECK ENCRYPTION SETTINGS

Whenever data is sent over the Internet, it is 'encrypted'. This makes it harder to read if it's intercepted. You should look to use a strong encryption setting, such as WPA2, rather than WPA or WEP. You can check your router manual on how to do this.

## 4 KEEP YOUR SOFTWARE UP TO DATE

Manufacturers constantly update and improve software used in smart devices. Some will automatically alert you to an update, but not all do. To be on the safe side, it's a good idea to set reminders in your calendar. Check the manufacturer's website for any updates and run them if necessary.



## 5 RENAME THE 'GATEWAY' TO YOUR HOME

Your Internet router is the virtual gateway to your home network. It needs protecting. To do this, you should change the default name (the SSID) and password. You can usually find steps to do this in the instruction manual. Don't use your family name. Choose something more obscure. Make the password complicated too, using upper and lower-case letters, numbers and symbols. Do this for your router and any other smart devices connected to the Internet.



# 12 Top Tips To Get Smart About The DEVICES In Your Home



National Online Safety®



## 6 USE A SEPARATE NETWORK FOR GUESTS

If your router has a feature that allows you to set up a separate network for guests, you should use it. That way, when guests use your Wi-Fi, they won't have access to your devices.

## 9 TRUST YOUR INSTINCTS

If you ever feel something is wrong or your network is being exploited, visit the manufacturer's website or ring their technical support department. It's better to be safe than sorry.



## 7 SAY GOODBYE TO SIRI AND ALEXA

It's a good idea to change the activation words on your smart devices so they are unique to you and your family. This makes it that much harder for people to break into your smart devices.



## 8 DEACTIVATE ANY UNNECESSARY FEATURES

Though it's a fun idea, you probably don't need to control your kettle from outside the house. In fact, there are often many unnecessary features included on smart devices. Where possible, you should look to disable these. Doing so reduces the ability for people to hack your devices. When someone sees you've actively taken steps to increase security, they're less inclined to try to compromise them.



## 10 BUILD A WALL

You could also purchase a dedicated 'firewall' device. This is something that plugs into your network and stops cyber threats reaching your router. Some routers do have a firewall element included, but they are no replacement for the real thing. A firewall device thoroughly analyses information coming in and out of your network and helps stop malicious attacks. A security device is strongly recommended to anyone who works from home or deals with sensitive information.



## 11

## SECURE YOUR SMARTPHONE

If you do use apps on your smartphone to control devices in your home, make sure your smartphone is secure. At the very least makes sure the pin function is enabled, as well as any biometric authentication you have. Where possible, it's also a good idea to download some anti-virus software for your smartphone too.



## 12

## REGULARLY AUDIT YOUR DEVICES AND CONSOLES

Every now and then you should check through all of your smart devices (including games consoles connected to the Internet). Turn them off at the mains and disconnect them from the Internet. In fact, it's good practice to disconnect any devices that aren't in use. It's a small thing but really does help. Even when you think a device might be in sleep mode, if it's connected to the Internet it could still be listening or streaming data.



## Meet our expert

Emma was a secondary school Computer Science teacher for more than decade. Since leaving education, she has been working in a cyber security firm delivering cyber awareness training to businesses and carrying out network testing. She is a mother of a five-year-old and has vast experience of controlling and managing how children access online services and use apps.



SOURCES: <https://www.ncsc.gov.uk>, <https://www.getsafeonline.org>

# Summer loving in Science

This term in science has been sizzling hot. As a bumper year of extracurricular activities, trips and practical learning activities draws to a close, we can be extremely proud of the inclusive culture and team ethos being built by our students and staff together in the department. As well as our popular and established STEM and Science Clubs, we have continued our long standing collaborations with the Institute of Physics, the Ogden Trust and the Royal Society of Chemistry and have also joined forces

with the Stonewall club to make multi-coloured carnival themed resources for Sports Day. We will also highlight in this edition the brilliant Easter trip that successfully went out to Disneyland Paris and the amazing upcoming Science department refurb, which will enhance our classrooms and labs ready for 2019-2020. Again, it has been busy, busy, busy, but we absolutely love it and we already cannot wait to go again next year!



## Year 7 Science Club

Led again this term by Miss Healey, our enthusiastic Year 7 students have had to survive the zombie apocalypse! In order to survive, they had to collect and purify their own drinking water, grow their own food and make batteries as a source of energy and electricity. Successful shelters were built to live in, and they also had to communicate in Morse code so they were not detected and turned into zombies. Lastly, they were busy making nylon, a polyamide, for clothing and warmth. This exciting project came to an end when students successfully created a vaccine for the zombie virus. Well done to all students who survived; hopefully, Montgomery will not be infected by zombies



# Montgomery STEM CLUB

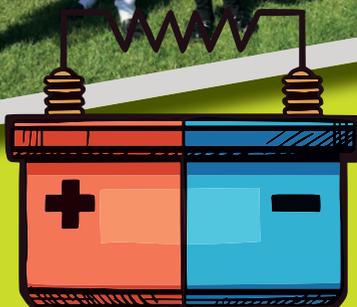
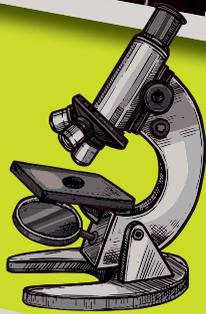
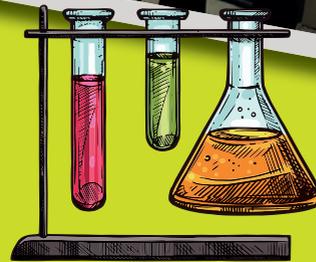
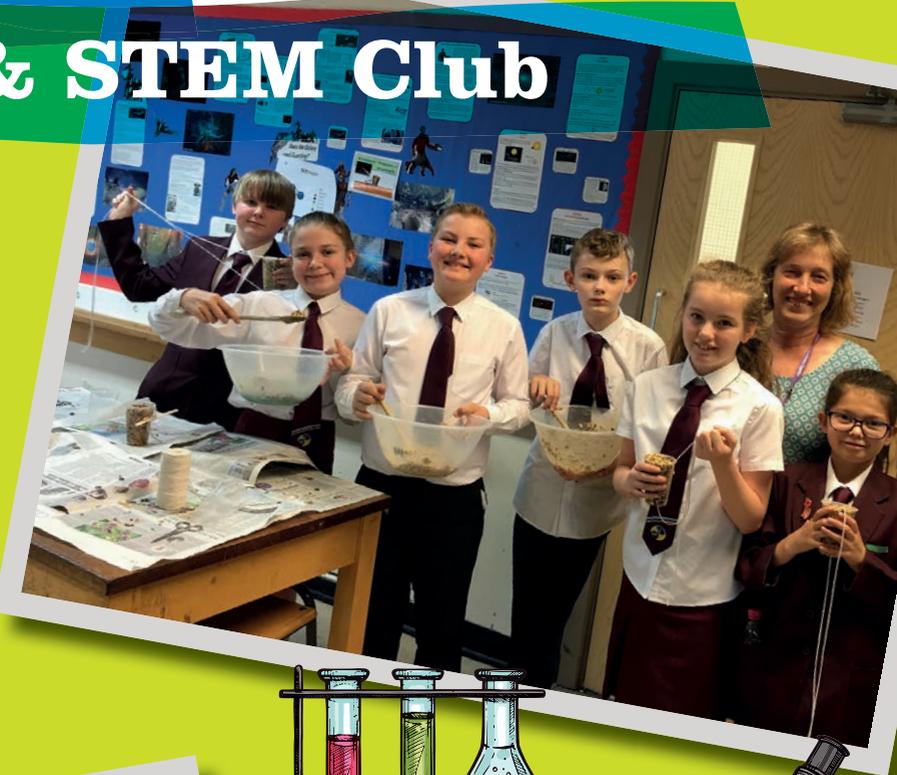
*We drive  
to Nimbud 2000*

**Mrs Bach** **Mr Byrne**

**Year 7**

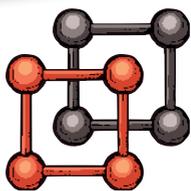
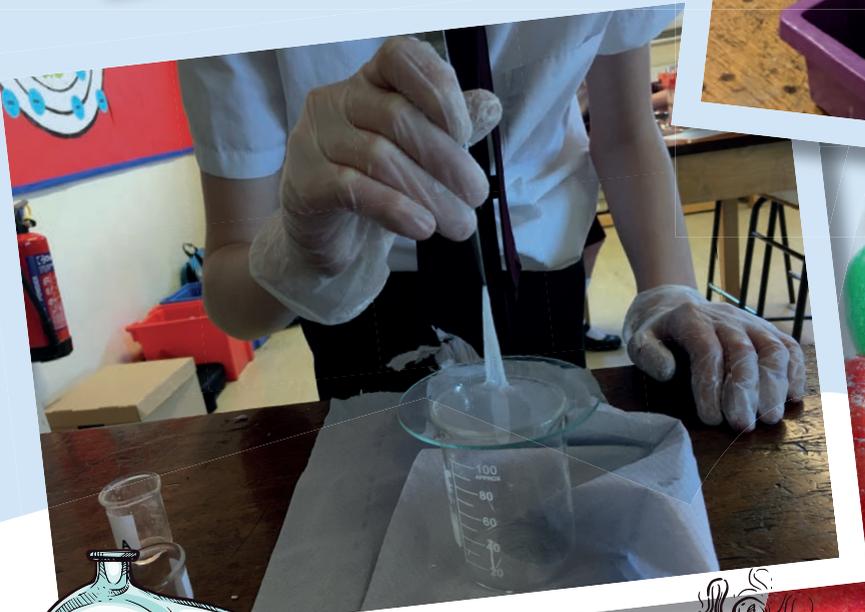
## Space Club & STEM Club

These clubs are led by Mrs Bach and have both continued to thrive this term. The students have this term focused on material science and the properties needed for specific jobs. They have experimented with ice balloons, investigated the properties of nylon, made different soaps, tested different varieties of coke cola and made disappearing mixtures. They have finished the term making rockets to be fired outside and have also made bird feeding mixtures and bird feeders. Dr Hutchinson was impressed with a bird feeder made for him and the birds in his garden absolutely loved it! In Space club as an extra, students have had sessions on the science of Star Wars and have also made hydrogel rainbows and borax free slime. It has been an action packed term for sure, and students in both clubs have been a pleasure to work with.



# Year 8 STEM Creative Art Club & Stonewall working together

The newest of our clubs this year is the Year 8 STEM Creative Arts club, led by Miss Healey. In their 2nd term together, they have enjoyed breaking down old electronic equipment like cameras and hard drives to see how they work and to see if they could be upcycled. Students have also made their own paints and printing tools and used them to develop a variety of painting techniques such as bubble painting, spray painting, gravity painting and pendulum painting. Within this topic, students were taught how to make their own ink, quills and tie dyed t-shirts. This included using natural dyes such as berries, red cabbage and tea to dye different fabrics in a creative, artistic style. Just before Easter, our students have been busy making their own lip balms, and this has proved very popular indeed!



# Institute of Physics – Future Physics Leaders

We are delighted to announce that our 4-year collaboration with the Institute of Physics and its stimulating physics network is set to continue next year. The final session this year for our team focused on waves, particularly light and how reflection and refraction can be explained using interactive practical demonstrations perfect for our students. Mr Woodruff has also this year began the Future Physics Leaders Program. With this professional development, next year he will take a lead role in developing other members of our team to become physics leaders themselves and he will then look to disseminate this good practise across the Fylde Coast and beyond. This is something that both excites us and bodes well for further strengthening the physics teaching here at Montgomery in 2019-2020.



## OGDEN TRUST AWARDS 2019 & PLANETARIUM VISIT

On Wednesday 1st May 2019, Montgomery students took the Ogden Trust Awards ceremony at Blackpool Sixth Form College by storm. Led by Mr Woodruff and supported by Mrs Thompson on the evening, Montgomery had 13 winners across all categories. This year has seen student entries to Christmas and Easter competitions as well as KS3 and KS4 Particles and Energy projects.

The winning students in no particular order were Kellen, Emma, Ryan, Oliver, Harry, Ezmae, Holly, Al, Samantha, Caisey-Lea, Hannah and Freya. Harry has also won an Ogden Trust Outstanding Achievement award which will be presented to him at an awards ceremony at UCLAN in early July.

This as a whole is a remarkable achievement for our students and indeed our school and we thank the students involved for their hard work, enthusiasm and dedication in producing fantastic pieces of work.

All work submitted from our students was judged by the expert Ogden panel to be the best across Blackpool and the Fylde Coast and for this reason we are extremely proud of their efforts. In the last few weeks of term, Mr Woodruff is leading a group of Year 7 students to an Ogden Trust sponsored planetarium. This is always popular and is always a tremendous experience for all concerned. Go Team Science!



making physics matter



Disneyland  
PARIS

# Science Trip to Paris

From the 5th April - 10th April 2019, 58 students and 7 staff, led by Miss Chadwick, travelled to Paris in France on a Science department trip.

Staying just outside of Paris at a picturesque PGL camp perfect for students, we had an action packed 5 days in Paris. In this time, we visited the Natural History and City of Science Museums, the Eiffel Tower, the beautiful Notre Dame Cathedral and the Sacre Coure, the Montmartre, the Lourve and the Arc de Triomphe.

We finished the trip with a fantastic, fun-filled day of magic at Euro-Disney, something that the students will remember forever.

Throughout the trip, the students were a real credit to Montgomery and should be really proud of the way they absorbed the culture and beauty of Paris.

The visit to Paris was so successful that next year's trip is already planned will include an extra day. Please book your places early with Miss Chadwick to avoid disappointment.





# Science in the Community

Led by Miss Healey and supported by Dr Hutchinson and Mrs Bunker, the Montgomery Science team have expanded their popular Science clubs to include Year 5 and 6 students at some of the local primary schools in our community. This term we have visited Moor Park Primary where the topic focus has been the science of colour. Year 5 students have loved making lava lamps, rainbow skittle diffusion plates,

magic milk and slime. They have also carried out chromatography and an acid, alkali investigation. Moving into July, students will be learning about food, and carrying out edible practical experiments; yummy! On Tuesday, 25th June, Mr Mistry and Mr Mason were invited into Kinraig Primary to conduct a heart dissection. This hands on experience for their Year 5 pupils will really bring the science of



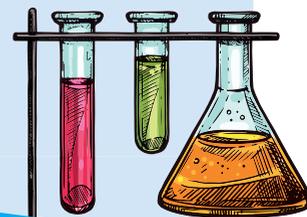
# Cleveleys Beach Clean 2019

For the second summer in a row, Mrs Bach, this year supported by Dr Hutchinson, will take a team of Science Club and STEM Club students to Cleveleys for a planned beach clean. This is being supported by Cleveleys Beach Care and is important in helping our beautiful local community. We hope to raise student awareness of the dangers of plastic in our seas and oceans and improve student understanding of the terms reduce, reuse and recycle. The impact that we have on the environment is important for enriching student learning and is something that we are passionate about here at Montgomery.



# Salters Festival of Chemistry

On the 26th April 2019, Mrs Bach and Dr Paden accompanied a Year 8 team to the Salters Chemistry Festival at Lancaster University. The students involved were Myles Green, Samuel Thayre, Emma Casey and Kellen Collumbine and together as a team they performed exceptionally well. Their task was to solve a forensic science problem using both chromatography and qualitative tests for halide ions. Against schools from across Lancashire, we achieved 3rd place and won an interactive molecular modelling kit for the science department. These students were a credit to Montgomery, and their ability to work together, question each other and rationalise a collective conclusion was a delight to see, well done to everyone involved.



# UKMT INTERMEDIATE MATHEMATICS CHALLENGE

On **Tuesday 30th April** a group of 61 students in Year 8 took part in the Junior Mathematics Challenge organised by the United Kingdom Mathematics Trust. This is a very highly regarded national examination that tests the ability of students to independently solve problems using a wide range of mathematical skills.

The results arrived recently in school and we are delighted to announce that one student was awarded a **Gold Certificate**, ten students were awarded **Silver Certificates** and eleven students were awarded **Bronze Certificates**. Overall these were some of the best results in this challenge in the school's history, and showcase the vast quantity and depth of mathematical talent here at Montgomery.

**Gold Certificate awarded to: Emma**

**Silver Certificates awarded to: Ellis, Dylan, Carlos, Xinchen, Finlay, Samuel, Holly, Isabelle, Kellun & Jake**

**Bronze Certificates awarded to: Elliel, Jasi, Laura Wood, Samantha, Emily, Matthew, Abigail, Danny, Kieren, Lilia & Paige**



To celebrate **International Pi Day** Mr Diver took Year 10 Students, Will, Ellie-Mae, Kiera and Finlay to represent Montgomery in the North West AMSP Maths Feast at Blackpool 6th Form.

Our team did the school proud In Both their conducts and efforts on their way to **4th place**, finishing above teams from schools including Rossal, Millfield, Lytham St Annes.

The teams finest moment came in round 3 when they used Mathematical Intuition and problem solving skills to defeat the other 15 teams and win the Higher or Lower competition.



# STEM ALL DAY WORKSHOP!



It is four years since our first STEM Club workshop led by Mrs Bach and Mr Byrne in July 2015. STEM club (Science Technology Engineering Maths) is Montgomery's longest running curriculum-based after-school club for students across all year groups.

The names of Joel, Chloe, Connor, Shannan et al may have passed into STEM History, but the club remains!

We started the day with soap making! Various scents were available including; Banana and Strawberry. Harley picked Mrs Bach's favourite - Chocolate orange! Nathan chose Spiced apple, Holly settled for Bubblegum (amongst others!) and Catherine-Ann plumped for cookie-dough!

Thanks to Ms Healey, the students had these great bags to take home their finished soaps!

Izzy: I enjoyed the whole day but liked spending time in the group with everyone the most!



All we needed was PVA glue, Bi-carb, wooden stirrers, teaspoons, Saline solution, washing up liquid and some food colouring to concoct....

## SLIME! SLIME!! GLORIOUS SLIME COMPETITION!

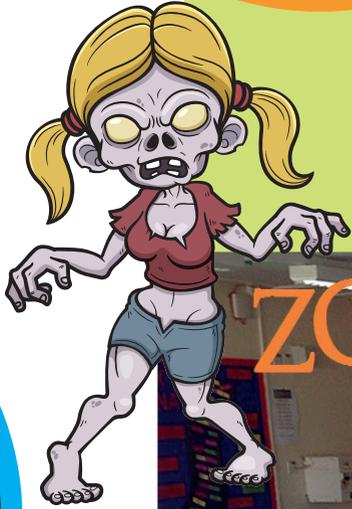




Who amongst us does not need to be equipped with the knowledge of how to make an alarm, (Complete with on/off switch!) in readiness for a Zombie Attack?

Armed with the ability to differentiate between a conductor and insulator, and with bubble-wrap and tin foil to make the control switch - Catherine-Ann was the first to finish. Incredibly, within minutes of the last student completing their alarm, and in the middle of a spontaneous mid-morning nap, a zombie (thanks Mr Johnson!) tripped the alarm that saved everyone's lives!

*Kyle: 'I enjoyed making things the most. I learned to build a Zombie warning alarm!'*



# ZOMBIE ATTACK!



They were looking for the best... and the worst slime! Charlotte managed to provide all those qualities and win both categories with the same slimy concoction!

Mrs Hoolihan: 'This slime is unique! It wouldn't stick to a thing and I'd love that as a Mum!'

Mr Mistry: 'I can't believe this - it's great!' (sniffing it) 'Mmm... smells good...good enough to eat!'

Dr Huchinson: (Describing something that could have been straight out of Roald Dahl!) 'This slime is like sick! It has the consistency of.... Er, well, I can say I felt quite sick when I saw it!!!'

Nathan: 'I just liked the whole day - I really liked it. We had break and lunch together out in the sunshine. That was good. I had fun. I like making things and I learned how to make slime and checked all the Zombie alarms were working.'

We also had the opportunity to attend the Mental Health and Well Being Event in our school assembly hall. The group had nothing but positive things to say about it. Many of them have signed up for forthcoming events and Theo summed it up by saying 'I learned that negative feelings can have a real effect on you, but we can do something about it!'





# PHOTOGRAPHY

## YEAR 9 WEIRD AND WONDERFUL PROJECT

Students in year 9 have been putting their photography skills to fantastic use as part of the first personal response to the 'Weird and Wonderful' project, called 'Adventure'.

Students have researched photographers and then photographed objects and places in class and their own time. We have visited Stanley Park and then edited images using Adobe Photoshop. Students' skills in this software are developing well, with students researching techniques to produce some fantastic individual dramatic effects which add mood and excitement to their photos.

Students have selected themes that show their hobbies or past-times to enable them to make the most of the open-ended nature of the topic. Themes include wildlife, nature, motorsports, texture and mountain biking are just some of them! Well Done year 9 keep up the fantastic work!



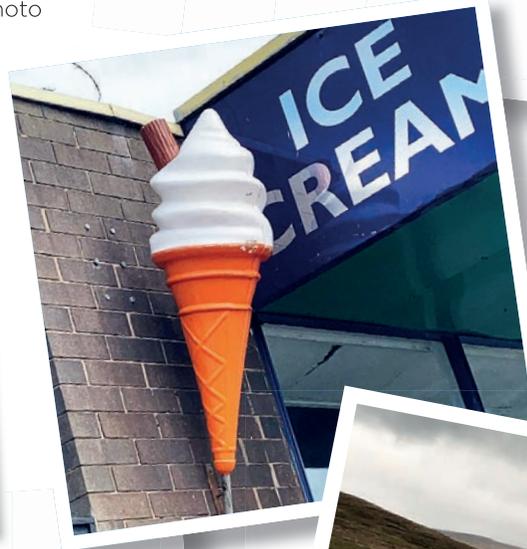


# YEAR 10 BRITISHNESS PROJECT

The major project in GCSE Photography is based around 'Britishness'. Initially students have photographed images which they think relate to being ironically British, photos of Red telephone boxes the weather and milk bottles at the front

door had started the project off to a great start.

More recently we have been using David Hockney's 'Joiner' style photography to create collaged scenes of all things British, visiting Fleetwood and Stanley Park and Blackpool Promenade to build on students photographs. We're all looking forward to a day in London on Thursday 18th July, sightseeing and visiting London's highest public garden. We hope to enjoy spectacular views across the capital making the most of the days photo opportunities.



# English

Department

## Dreadlock Alien returns for another poetry invasion

This time year 10 were treated to another fantastic poetry performance by Dreadlock Alien. As always he began with a hilarious freestyle rap using only the names of the students in the hall as inspiration. He then moved on to discuss identity and multiculturalism - much needed considering some of the GCSE poems we study. This lead on to a performance of John Agard's 'Checkin Out Me History,' a GCSE poem focusing on the struggles of black children growing up in the British education system. Students were enthralled throughout the performance, and a couple even got up to show their beatboxing skills!

Some lucky students were able to attend poetry workshops hosted by Dreadlock Alien throughout the day, leading to them writing their own poetry. Levi's was so good he got up in front of his peers and performed it brilliantly during the assembly.

Dreadlock Alien is always well received, and we hope to see him back again in the future.



At the end of this academic year, we are thrilled to be able to celebrate with you the success of the students on the Accelerated Reader programme.

The library has added an additional 20% stock during the course of the year, including e-books and audio books which are available through the SORA app.

At Christmas 2018 we were joyously shouting about the 10 million words that the students had read and quizzed on as part of the programme. We shouted so loudly about it, The Gazette heard and ran a feature article. Had the students continued at that steady pace, we would have been celebrating a huge 30 million words read by the end of this academic year!

A feat that all students and staff would have been very proud of.

However, we are Montgomery and the students always rise to a challenge. We have excitedly watched the word count grow over the year and each day we log into the system and are amazed at abilities our students show.

We are now celebrating over **70 million words.**

Every time a student reads and quizzes on a book, they are collectively working as part of a team towards a better and brighter future; there are no words to explain how proud we are of them.

So what will 2019 - 20 bring for Accelerated Reader reading challenges.....

Next year we are going to work towards achieving 100,000,000 so watch this space because we have every confidence that the students will achieve it!!



We will read in the classrooms, we will read in the library, we will read at home and we will read in assemblies.

Then we will quiz in the classrooms and the library.

We will be the best readers we can be: empathetic, understanding, knowledgeable.

***"A reader lives a thousand lives before he dies."*** said Jojen.  
***"The man who never reads lives only one."***



During the March of this year, Mrs Khalifa and Mr Corbley organised an exciting visit to Lancaster University for the "more-able students" of Year 9 in the aim of informing us of the university route which could lead us to higher education.

There was a sense of wonder in the air as many of us had never had a chance to visit a campus before. This was a much welcome opportunity. There was a variety of engaging activities which we partook in during the day including a creative writing session, a glimpse into degrees and courses in foreign languages, a tour of the linguistics department and a Mandarin taster lesson.

My personal favourite part of the visit was the visit to the linguistic department where we were fortunate enough to be able to observe an experiment that displayed the electrical impulses and messages sent from the neurons when a person blinked or formulated sentences.

However, the grand finale was the Mandarin lesson, by the end of the hour everyone could manage a simple conversation in this complicated language.

I thoroughly enjoyed this trip to Lancaster University and this glimpse into the windows of opportunity that can be obtained through higher education has inspired me to work even harder in Higher school to reach my future goals. This has definitely been one of the highlights of this academic year!

Yulan



## Montgomery Academy peer mentor course 10th-11th June

Over the last two days 11 students have been learning to become effective peer mentors with the aim to help their peers both academically and emotionally. The course was run by Headstart Blackpool, an initiative which aims to build resilience in young people and support positive mental health. The course built students understanding of emotional intelligence and built an understanding of values and equality with strategies to speak to their mentees and learning how to ask open questions.

Students involved in the training will now build an even bigger team of mentors whose key roles will be to support the reading scheme and become a mentor for their buddy, become an anti-bullying ambassador and attend drop in sessions and to become an academic mentor for students in lower year groups.

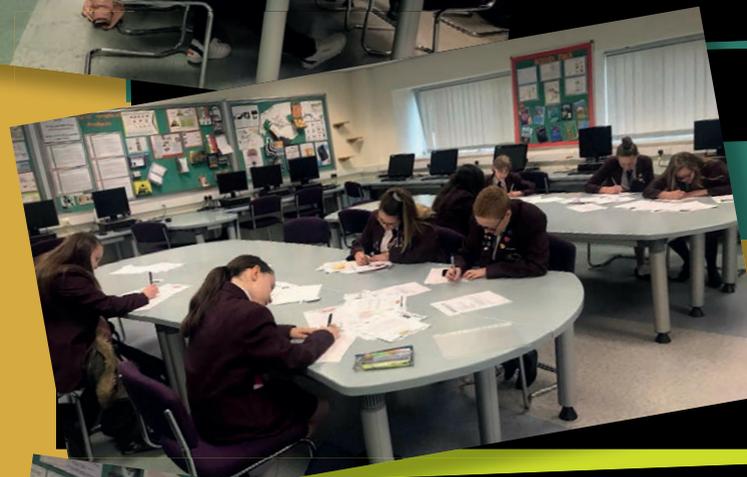
You-tube links to stories:

North West Tonight Coverage:

<https://www.youtube.com/watch?v=H7btn3HIES4&feature=youtu.be>

North West Today Coverage:

<https://www.youtube.com/watch?v=79F77LIZwOI&feature=youtu.be>



# Monty Wheelers by Mr Benson

Back in May we sat down at work and talked about bike riding then we decided to do a charity bike ride. We looked on the internet and the Beaverbrook Bike Ride was in 3 weeks to raise money for Trinity Hospice. You could choose to ride 15, 18 30 or 45 miles. I said that I would do 18 miles and Mrs Cirelli said that she wouldn't get out of bed for 18 miles so we are doing 45 miles. We came up with the team name 'The Monty Wheelers'. The team was Mr Burns, Mr Burrows, Miss Cirelli and myself.

We started training with 2 weeks to go and did several rides between 16-20 miles. I wasn't sure that I would make it round 45 miles but we had a great team spirit and we all said that we can and we will do it.

We got our team numbers, map of the route and sponsorship forms on the Wednesday before the ride. The charity said that if everyone raised £30 the charity would raise £21,000 in total as there were more than 800 riders taking part on the day so I said that I would take buckets around school to raise some money for the charity. The students were amazing and gave pennies and pounds and they just kept on giving. With training finished and lots of kind donations collected we were ready to go.

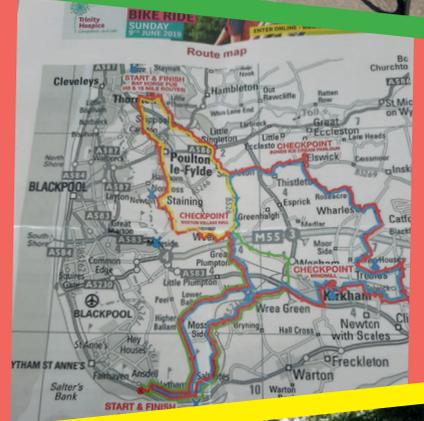
Sunday 6th June came. We had an early start and arrived at the starting point at 8am ready to set off at 8.30am. We were all nervous, well me and Mr Burrows were. Mr Burns had ridden 100 miles before and Miss Cirelli had taken part in triathlons. We set ourselves a goal, to get round in 4 hours. The weather was lovely from the start and we set off. Only 45 miles, 4 checkpoints before the finish.

We worked well as a team and were doing really well. I won't lie, it was really hard and challenging and but so rewarding when we went over the finish line in an amazing 3 hours 36 minutes. We had even beaten our goal. We were all given medals and I felt so proud to have done it and raised money for such a worthwhile cause. I couldn't have done it without the team; they got me round so I would like to say a big thank you to them all for their support and encouragement.

**Well done to The Monty Wheelers, we raised an amazing £215.00 for The Trinity Hospice, much more than we had hoped for.**

Here's to doing it in 3 hours next year!

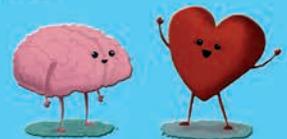
Mr Benson.



## Mental Health and Wellbeing Marketplace Event

at Montgomery Academy

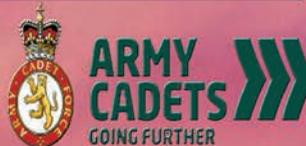
#MentalHealthMatters



Thursday 4th July 2019

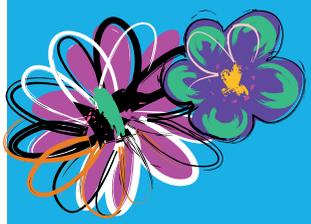
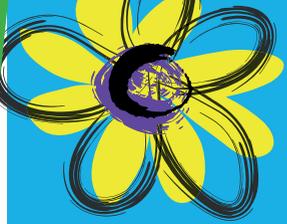
12.30pm-2.30pm-Students

2.30pm-3.15pm-Parents and the Community



### In attendance:

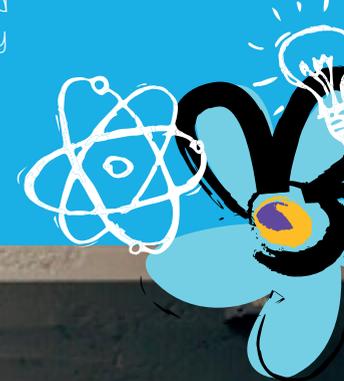
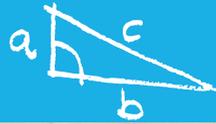
- FYI- Family support services
- The PCSO Team
- CASHER
- ( Child & Adolescent Support & Help Enhanced Response Team )
- The School Nurse Team
- Headstart
- Young Carers
- Blackpool football Club
- Moor Park Library
- Akido
- Army Cadets
- All Hallows Church
- Lancashire Mind
- Ur Potential
- Boxing
- Aspired Futures
- BYPS
- MEN'S SHED FLEETWOOD



In January, a representative from the Sixth Form came to visit us about VESPO, which stands for vision, effort, practice and attitude. He came to talk to us about prioritising and revision methods when it comes to exams and how to be prepared and well-equipped with a variety of strategies and techniques. One interesting point was to focus us on our goals and how to plan to reach them.

The session was made enjoyable and realistic, helping students realise what is needed to succeed with studying. I feel like I gained from this in many ways like organisation skills and what are really efficient ways to study.

Amelia  
9B4



# Helping your child to manage ANXIETY

Dr Hayley Van Zwanenberg, a consultant child and adolescent psychiatrist at Priory Wellbeing Centre Oxford, offers advice on how to help your child understand anxious feelings.

All children worry from time to time. As they grow, they have to face new experiences and challenges, whether they're starting school or taking exams, that may cause them anxiety. They may also see or experience things online - Facebook posts and YouTube videos - that worry them.

You may feel concerned about the levels of worry your child is experiencing. If so, it's helpful to be able to explain anxiety, so as to help them understand what's happening to them and why, as well as where they can turn for support.

## EXPLAINING ANXIETY TO YOUR CHILD

Anxious feelings can be very frightening for your child if they don't understand them (and for you to witness if you don't know how to help). Here are some simple ways to talk to them about why they feel like this, which may help reassure them.

### WHY DO WE GET ANXIOUS?

When we see something alarming, our brain understands that something frightening is about to happen and quickly sends instructions to our body to get ready to move away fast.

### WHAT ARE THE SIGNS OUR BODY IS ANXIOUS?

In moments of fear, our body will pump blood to our muscles, heart and lungs, the parts we need to move quickly. Our heart beats faster and breathing quickens. As our body focuses on getting ready to move fast, it pays less attention to parts we don't need in that moment of flight. We stop digesting food, which can cause us to feel sick or even be sick, and we stop being able to think as clearly.

### WHY DO PEOPLE FEEL LIKE THIS?

Explain how these feelings can be very useful in dangerous situations: they allow us to react and get away quickly. But people can also get these anxious feelings when dangers don't exist - at school, for example. Such feelings can cause us to try to avoid these situations when we don't actually need to.

## WHAT SHOULD A CHILD DO WHEN THEY FEEL ANXIOUS?

Let your child know that they can always talk to you or another parent, carer, or teacher. Explain that you will be able to help them - they don't have to carry on dealing with their anxious thoughts and feelings alone.

## HELPING YOUR CHILD WHEN THEY BECOME ANXIOUS

When your child becomes worried, listen to what makes them feel this way. For example, they may be troubled by thoughts that they won't make any friends, or that their friends won't be at a place where they have to go.

Make sure they know that anxiety exists for a useful purpose: it's there to protect them from real dangers. They may be seeing dangers where they don't necessarily exist. Try to boost their confidence and let them know you believe they can cope and you have faith they'll do well.

In moments of worry, it's a good idea to present your child with evidence against their worry, as their anxious thoughts are likely to be all-consuming. Talk about the times when they've done well in the past. For example, remind them of a previous event they attended, how much fun they had once they got there, and how they came back talking about all the friends they'd played with.

Your instinct may be to avoid situations that make your child anxious because these are upsetting for you too - but try not to let your child avoid the situations that worry them. If they stop doing something or going somewhere, they won't have the opportunity to see that they can actually cope: the negative thoughts may grow.

## GETTING ACCESS TO SUPPORT AND TREATMENT

Anxiety disorders are treatable. If you are looking for professional support, therapies such as cognitive behavioural therapy (CBT) can help your child better understand their thoughts and feelings and provide them with a toolbox of strategies they can use to tackle their worries. Family therapy can also help everyone's strengths come to the fore to assist your child to recover and remain well.

With the right help and support, your child will be able to manage their anxiety and enjoy their childhood.

The advice published on Parent Info is provided by independent experts in their field and not necessarily the views of Parent Zone or NCA-CEOP.

Updated: June 2019

# sports report



**ON FRIDAY, MAY 10TH**, our amazing Y8 girls participated in the Blackpool, Fylde and Touch Rugby Tournament at Fleetwood Rugby Club. Although they did not win the overall tournament, they learnt so much from the experience; developing their communication and teamwork, passing and tactical awareness in a sporting activity that is growing fast amongst girls. Players: Emma, Emily, Evelyn, Izzy, Lily-Mai, Paige, Emily, Robyn, Niamh, Natalie, Laura, Hollie, Holly & Megan.



Emma, Amanda and I all took a group of Y10 Sports Studies students to the Lake District this weekend to participate in a range of outdoor activities. They were an absolute credit to the school from the minute we set off on Saturday morning to arriving back yesterday afternoon. I have attached the video Graham Little has provided of the residential but you can also find this on twitter or Instagram on **Outdoor Education NW**.

It was a very successful week from June 24th to June 28th for our Montgomery students participating in Blackpool Youth Games. Also, in other news some of our students who play for Fleetwood Town FC, were on Good Morning Britain this morning. The article was about the positive influence of the lionesses on girls football development.



## BLACKPOOL YOUTH GAMES RESULTS

Competition	Position
Y8 Girls' Cricket Tournament	2nd
Y9 Girls' Cricket Tournament	3rd
Y8 Boys' Dodgeball Competition	1st
Y9 Girls' Football Tournament	1st
Y7 & 8 Girls' Football Tournament	2nd
Y7 Girls' Rounders Tournament	1st
Y7 & 8 Foot-Golf Competition	2nd





**Montgomery**  
Academy



**PRESENTS**

# THE SUMMER SHOWCASE

## WHEN?

Wednesday 17th July

6:30pm - 8:30pm

## HOW MUCH?

Minimum £1 donations to be made upon entering the Assembly Hall.

All money raised will be given to the House Charities.

## WHERE?

Montgomery Academy,  
Assembly Hall

## INCLUDING MUSICAL NUMBERS LIKE:

### Act 1:

Omigod you guys - Legally Blonde

Serious - Legally Blonde

When he sees me - Waitress

Opening up - Waitress

Candy store - Heathers

Lifeboat - Heathers

Kids game - Blood Brothers

That guy - Blood Brothers

What is this feeling - Wicked

One short day - Wicked

Always

Waving through a window - Dear Evan Hansen

Only us - Dear Evan Hansen

Where did the rock go - School of Rock

Stick it to the man - School of Rock

### Act 2:

You don't even know it - Everyone Is Talking About Jamie

Beautiful - Everyone Is Talking About Jamie

Castle on a cloud - Les Miserables

I dreamed a dream - Les Miserables

One perfect moment - Bring It On

Killer instinct - Bring It On

Song that goes like this - Spamalot

Divas lament - Spamalot

Burn - Hamilton

You'll be back - Hamilton

Ex wives - Six

Don't lose 'ur' head - Six

Perfect nanny - Mary Poppins

Supercalifragilisticexpialidocious - Mary Poppins

# SOCIAL MEDIA & Mental Health

## What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

## Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

**NOS** National Online Safety®  
#WakeUpWednesday



### Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## 1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

## 2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



## 3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



## 4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



## 5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



### HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

### OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)



Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rspg.org.uk/uploads/assets/uploaded/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>