

Penwortham Priory Post



Year 11s Aims & Ambitions

As our Year 11s are currently sitting their GCSE exams, we have spoken to a few about their hopes for the future as their five years at Priory draw to a close.

This is Part 1 of a two part report:

Danyal said being Head Boy in the last year has been a huge privilege. "It's been really interesting, it has given me a different perspective on school and we have been able to make some changes which has been good."

Danyal has a firm career path as he wants to be a criminal prosecutor for the Crown Prosecution Service. "I have always been interested in the police and I like the idea of arguing in court so it combines both. It will take around seven years to achieve it but I'm enjoying studying so I know I will be fine. I want to go to Runshaw College and study Philosophy, Law, European History and Government and Politics. I have been involved in public speaking competitions both at Priory and as part of the Cadet Unit in Preston. As Head Boy, I have also had to give speeches and shown people around at interviews so it has helped my confidence. I have also been supported by Mr Henshaw in maths competitions, which has been good fun."

Student **Matthew** has also been involved in Mr Henshaw's maths challenges, both local and national, and he is still deciding his future.

"I want to study Accounting, Maths, Chemistry and 3D Design at Runshaw College. The technology facilities at Priory are very good and that's helped me. I have no idea what I want to do in the future though!"

Continued page 3...

Attendance Winning Forms

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

This week's winners are:

Year 11 - D8 (98.70%)
Rest - D1 (97.14%)

Well done to Mrs Elliott's and Miss Conyngham's forms.

Eid al Fitr Leave of Absence

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

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

Year 11 pupils should be aware that on Tues, 4 June there is an English Languages and Portuguese exam and on Weds, 5 June a GCSE Geography exam at 1.30pm.

KEY DATES

Mid Term Closure
27 - 31 May 2019

**Runshaw College
Catering Minilinks**
(by invitation)
Thurs, 6 June 2019

Healthy Eating Week
10-14 June 2019

Year 11 Last Day
Fri, 14 June 12.30pm
GCSE Further Maths pupils will need to stay for their exam at 1.30pm and return on Mon, 17 June for the second paper.
V Cert Graphics pupils will need to return on Mon, 17 & Tues, 18 June.

College Sampling Days
(Year 10 pupils)
Runshaw - Mon, 17 June
Newman - Thurs, 20 June
Preston's - Tues, 2 July

Year 7 Parents Evening
Weds, 19 June 2019
4pm-7pm

PSHE Day
(Early lunch followed by early closure at 1:30pm)
Thurs, 20 June 2019

**South Ribble Schools
Athletics Championships**
Robin Park (by invitation)
Fri, 28 June 2019

Work Experience Week
(Year 10 pupils)
24-28 June 2019

Italy Trip
25-29 June 2019

Year 11 Prom
Charnock Farm
Thurs, 27 June 2019

A Message from the Headteacher

Dear Parent/Carer

Relaxation - Information for parents and carers

Research shows that young people face many different kinds of stress, worry, anxiety and can feel overwhelmed for various reasons. Relaxation has been defined as a 'state of being free from tension and anxiety'.

We often forget to switch off as adults but it is important that we do that in order to help children learn important skills.

Many studies highlight the benefits of relaxation and here are a few:

- Slows the heart and breathing rate
- Improves concentration and mood
- Reduces anger and frustration
- Reduces the activity of stress hormones
- Improves digestion
- Increases blood flow to the muscles
- Relaxes the muscles
- Improves sleep quality

An important part of teenage life should be relaxation. It is an essential part of maintaining health and wellbeing and being able to calmly deal with stress and pressure which, as we know, can be quite intense during the school years and especially being an adolescent.



Mr M Eastham, Headteacher



What can you do?

One of the simplest relaxation techniques is to practice breathing. Teach your child to take deep slow breaths when they are feeling anxious. Just a few deep breaths can provide an instant calming effect that can help reduce stress. Look out for mindfulness apps or video resources on YouTube that offer example breathing exercises, such as Headspace or Calm.

Learning to relax is something that you can do together as a family. Try having a go at Yoga or a relaxing activity together. Yoga will improve flexibility, posture and give you and your child a sense of inner calm. Encourage your child to go to a local class or

follow a simple Yoga session on YouTube. Other things could be having quiet time to read, going for a walk, listening to music or watching a feel-good film.

Another technique for your child to try is 'imagery', having a vision about a happy place so their brains can take a break. Ask them to write down a description of their happy place which includes how it looks, feels, smells and sounds. When they are stressed out, ask them to close their eyes and to think about it. Just like new skills, relaxation techniques require practice so keep prompting them to find out what works for them.



Learn to succeed

Year 11s Aims & Ambitions

Continued from front page:

Jacob might be on some of the same courses as Matthew and Danyal at Runshaw College:

"I want to do A-Levels in Accounting, Government and Politics, Economics and Maths. I am interested in politics but I would like to be an accountant."

Jacob, who aims to do his Duke of Edinburgh bronze award and National Citizen Service this summer, has also taken part in public speaking and the maths challenges at Priory.

Head Girl **Georgia** is expecting a busy summer as she wants to sign up to the Young Leaders course with South Ribble Borough Council.

"I want to become a Young Leader over the summer and then go onto Runshaw College and do a BTEC in Sport and Exercise Science," said Georgia.

"My main sport is football as I play in midfield for Ashton Town AFC, we finished runners-up in the league and the cup this season and I have been there for around 10 years. In school I have also played rounders and netball and taken part in athletics.

"I have loved being Head Girl, it was a good responsibility and I loved being involved with school life."

Finley is also looking at the BTEC Sport and Exercise Science course at Runshaw College – although it's a big year for him in the motocross world.

Finley was twice British Champion over the last year and aims to turn professional with the Putoline Husqvarna Planet Racing Scotland team once his GCSEs are over.

"I won the Western Beach Race on Wester-Super-Mare recently which was quite an achievement but I have been struggling with an injury so haven't raced as much as I would have liked. I move up to professional now and it's a big year for me travelling all over the UK and competing in Europe."

Continued after the half term.

The Weekly Challenge (Week 29)

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

Parents - How would you get on?

1. If a word has the word hex in it, it refers to what number?
2. What is a polygon?
3. What kind of number is 12421?
4. What number is represented by MMII in Roman numerals
5. What are concentric circles?
6. Write twenty five to four as it would be shown on a digital clock.
7. How many days in a year?
8. How many weeks in a year?
9. Define volume in Maths.
10. What is a protractor for?

Answers at the bottom of page 10



Year 11 Half Term Break Interventions

Unless advised otherwise: As school will be closed for the half term break, pupils should wait in Reception to be met by their teacher at the indicated start times.

GCSE Art pupils should note that all coursework must be in by 10am Weds, 29 May.

27-May	28-May	29-May	30-May	31-May	01-Jun	02-Jun
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bank Holiday	Art 10am to 3pm (Mrs Hopes)	English Language 10am-1pm (Miss Thornton)	English Language 10am-1.30pm (Mrs Gidden)	Biology 9.30am-12.30pm (Mrs Massey)		Geography 9am - 1pm (Mr Watters)
	Maths 9.30am-12noon MA1 Mr Kenrick MA2 Mr Raynor MA3 Mr Henshaw MA6 Mr Hunter	PE 10am-2pm (Mr Bullock)				History 9.30am - 12noon (Mr Eccles)



Catering Assistant (Part Time)

We are seeking a part-time Catering Assistant to provide support in the preparation, cooking and serving of food and beverages plus related catering duties.

See advert opposite for further details.

Please visit the school's website at for an application pack >> www.priory.lancs.sch.uk/vacancies

Applications accepted by email or post.

Closing date: Fri, 31 May 2019.



We're Hiring

Catering Assistant (part-time)

We are seeking a Catering Assistant to provide support in the preparation, cooking and serving of food and beverages plus related catering duties.

Days Monday to Friday term time only

Hours 15 hours per week
11.30am-2.30pm

Pay Grade 2 Point 2
Gross salary £17,711 per annum
Pro rata £6,043

Experience not essential however candidates must have good customer care skills and standard of hygiene. Candidates must also be able to work under pressure, have good use of initiative and work as part of a team.

Closing date: Friday, 31 May 2019

Please contact Mrs Barker, Business Manager, or Mrs Titterington*, Catering Manager, for enquiries or download an application pack from the school's website at:

www.priory.lancs.sch.uk/vacancies

c.barker@priory.lancs.sch.uk | 01772 320255

j.titterington@priory.lancs.sch.uk | 01772 320262*



*not available w/c 27 May

Learn to succeed

Rotary Secondary Schools Football Tournament

SPORTS REPORT

Year 7 Boys | UCLan Sports Arena Friday, 17 May

Report by Mr Faulkner

A great time had by all at the football 7 a side.

As is the case at this period of the year when time has run out on the football season and many fine players are looking forward to a rest. Yet some young athletes are always hungry for more and this often comes in the form of the fast and furious seven a side tournaments.

So, there was no time to waste in such a competition held at the UCLan sports arena. The squad of Year 7 Priory players got stuck in straight away, playing with gusto and passion. Every pass, every shot, every tackle counts in such a short period of lung busting time during each game.



The entire Year 7 Priory squad gave 110% effort during a hot and long day of non-stop competition. In the end it was only goal difference that stopped us from progressing to the finals in the late afternoon sun.

The Priory players were of course disappointed for not getting into the final BUT it has to be stated that all of them performed in a competitive yet sporting manner. They represented Priory perfectly and should be proud of themselves, Mr Sanderson and I certainly were!

Team: A Evans, C Clarke, M Stuart, K Fletcher, A Robinson, L Cawood, J Singleton, J Thompson, T Russell, J Eastham, O Snape, C Mitchell, S Podmore-Nappin, J Goodwin, T Stergiou, A Meed, C Heaton.



Lancon JFC Girls

ALREADY PLAYING & LOOKING
FOR A NEW CHALLENGE?

LOVE
FOOTBALL?

NEVER PLAYED BUT
WANT TO TRY?

Come and join us!!
Recruiting girls aged 5 to 15

Training on Thursday's
6-7pm

Family friendly club
All coaches DBS checked

For more info contact:
Beverley Ainsworth 07505302789
Or
Ian Winston 07709931777





LANCON JUNIOR FOOTBALL CLUB
IN PARTNERSHIP WITH LANCASHIRE CONSTABULARY

Lancon Juniors FC, in partnership with Lancashire Constabulary, are looking to recruit school aged girls for football training and league teams.

Training is every Thursday
6pm - 7pm
Police Headquarters, Hutton.

Learn to succeed

Will Jazmin score the big league?

After representing her county earlier this month, Jazmin now has her sights set on playing for Blackburn Rovers.

Jazmin admits it will be hard leaving Lostock Hall Junior FC but she has to take the next step in her football career.

The Year 8 footballer has been at Lostock Hall JFC for six years and trains every Wednesday with them and has this season won their respective League and have just been crowned Lancashire County Cup Champions.

However next season, the central midfielder has made the difficult choice after a successful training period with Blackburn Rovers FC Regional Talent Centre to leave her team with the aim to be successful in obtaining a contract with Blackburn.

This has also been helped by a number of impressive performances for Lancashire recently.

She selected for Lancashire Schools FA and they won the English Schools Northern Counties Under 14s Cup final against Northumberland at Leyland.



And she also played for Lancashire in the final of the English Schools National Cup at Stoke City FC against Essex, which Lancashire lost on penalties.

“It was tough to get selected for Lancashire,” said Jazmin. “There were 100s at the trials and then they selected 21 and it was a great honour to be part of that, never mind play as well.”

“It’s exciting to play for your county, especially at a ground like Stoke, and we all got a special county tie.

“If I get signed by Blackburn Rovers for next season. It involves a lot more training, three hours twice a week, but it is something I am looking forward to.

“I have been at Lostock Hall for all my playing career so I will be sad to leave but I have to take the next step in my career. I want to play for England one day.”

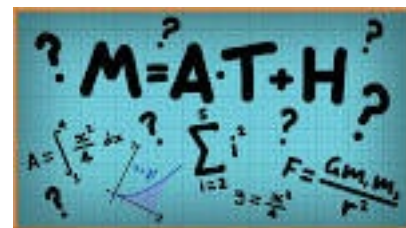
Image right: Jazmin after winning the English Schools Northern Counties Cup Final



Learn to succeed

The Maths Department

Like a challenge?



The Head of Maths, Mr Kenrick, will be testing our brain power each week with one of his puzzles.

Here you will find a puzzle or a problem solving task - these can help to build students' perseverance, mathematical reasoning, ability to apply knowledge creatively in unfamiliar contexts, and confidence in tackling new challenges. Why not have a try yourself!

1)

7	6	4
?	4	2
4	?	1

A

3
2

B

5
1

C

5
3

D

4
3

2)

1	2	4
2	4	?
3	?	12

A

8
6

B

6
6

C

6
8

D

8
8

Each square opposite has several tiles missing. Choose which pattern (A, B, C or D) should be placed onto the square to maintain the patterns within the square.

Answers bottom of page 10.



Walton-Le-Dale FC are entering a Youth Team into the Lancashire Sunday League next season and are looking for players age over 15 and under 18 on 31/8/19 to join us.

We promote youth and are serious about developing young players and giving them a chance to progress to our Open age team. We achieved FA Charter Standard status in 2018 and our open age team finished 3rd in Division 1 and were cup semi-finalists this season.

Our Open age manager is an ex youth coach at Fylde FC and our new youth team manager studies football coaching at university, working with coaches from Man City, Man Utd and Liverpool and doing UEFA B level badge work.

We will be holding training sessions throughout the summer.

If you are interested in joining us please contact Andy on 07807 897067 or email andypt007@outlook.com for more information.

Learn to succeed



As we are all well aware, none of us function well without the five areas of a healthy lifestyle and our wellbeing is significantly impacted when we do not address these. Therefore we will be taking part in Healthy Eating Week 10-14 June to encourage our pupils to promote a healthy lifestyle.



What is BNF Healthy Eating Week?

The British Nutrition Foundation's Healthy Eating Week is a dedicated week, 10-14 June, to encourage organisations across the UK to focus on healthy eating and drinking, and physical activity, and celebrate healthy living.

Competition Time!



The Challenge

We are inviting pupils to design a poster on one of the five health challenges at the heart of BNF Healthy Eating Week listed below. You must include a BNF Healthy eating logo (see above).

- Have breakfast
- Have 5 A DAY
- Drink plenty
- Get active
- Sleep well

Prizes will be given out for the top 3 posters. All entries must be handed to the school office by Weds, 5 June.

If you would like more information, please visit: <https://www.nutrition.org.uk/healthyliving/hew.html>

During w/c 10 June, there will be a number of activities around school for pupils to get involved with including input from the PE and Food Technology departments and the Catering team. All participation will be linked to Pixl Edge.

Nuffield Health Gym Family Voucher

Nuffield Health are offering 7 days of fun for families over half term for FREE. Please use voucher opposite.

<https://www.nuffieldhealth.com/gyms/preston>



Nuffield Health, The
Capitol Centre, Preston,
PR5 4AW

Nuffield Health FREE family voucher

What to do during this half term

Bring your family to Nuffield Health Preston this half term

Days of fun activities for Free

Valid from 25th May 19-2nd June

Learn to succeed

Mrs Gidden's Cool Readers Club

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

This week we interviewed Year 7 pupil, Millie

Millie has some serious reading to do as she is determined to get through the Skulduggery Pleasant series after being introduced to them by her friend.

Daniel is a keen reader and loves the Derek Landy series of books and he told Millie all about them.

"I started them and am now on the third one – The Faceless Ones. Daniel has been reading them and he told me to start them and now I am hooked.

"There is a 12th one out soon so I have a lot of reading to do.

"They are about Stephanie whose uncle is assassinated and she has the help of the Skulduggery Pleasant skeleton to fight the bad guys and save the world. I can relate to Stephanie so that helps my enjoyment of them.

"I have got books one-nine so I am waiting to buy the others! Derek Landy is my favourite author."

When not reading, Millie enjoys computer games but also admits she does 'a lot of visiting.'

"I visit my nana and grandma and enjoy going to see them at night. I usually only read at school but I am determined to finish this series."



English Literature Theatre Workshops (Year 10)



To support GCSE English Literature studies we have invited Initiate Theatre into school on Mon, 1 and Weds, 3 July to deliver workshops to Year 10 pupils, covering Jekyll & Hyde and A Christmas Carol.

The workshops consist of an edited performance of texts, a discussion, Q & A session and interactive work. To aid pupils with their mock exams and revision as well as provide best opportunity to obtain their potential grade, we strongly recommend that pupils attend one of these workshops depending on their studied 19th Century text.

Each workshop costs £4. Letters have been give out this week with full details and payment information. A copy can also be downloaded from our website at: <https://www.priory.lancs.sch.uk/parents/letters>



Learn to succeed

Word of the Week

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

Progress Leaders will clearly explain the literacy tip of the week in Prep time and teachers will be challenging pupils in curriculum time and awarding achievement points for correct use of Word of the Week.

Pupils - make sure you have checked through your work to ensure you have applied the literacy tip.

And now for something different:

This week, there will be an EXTRA competition ON TOP OF WOTW. This week, we'll be doing ...SYNONYM OF THE WEEK.

Pupils: If you fancy a challenge and the chance to win a treat, write a sentence which includes the 'Word of the Week' on an entry slip (now in your registers) and hand it to Mrs Gidden. Synonym of the Week entries can be written on the back of the slip.

Try your best to use the word accurately! Who will the winner be?

Last week's winner was Dylan P in H7.

Word of the Week: Violated



verb- To mistreat or disregard.

'You have violated the terms of our agreement'
'My human rights have been violated'

Literacy tip of the week...

**COULD
HAVE/WOULD
HAVE/MUST
HAVE.**

Because people speak quickly, and contract words together, when we say 'Could have' etc, it sounds like 'could of'

BUT:

It is **WRONG** to write it. We're really saying 'That must **HAVE** hurt' 'I might **HAVE** missed your call.'

NEVER EVER write 'Could of' or 'Should of'

It's **COULD HAVE**.
Be careful

Synonym of the week...

What is a synonym?

A synonym is a word that have a very similar or the same meaning as another word.

So synonyms for 'tired' include 'depleted' and 'weary'

TASK:

Find me a super synonym for the word:
'SAID'

Each student may only enter with **ONE** word.

The best synonym will **WIN!**

ANSWERS TO THE WEEKLY CHALLENGE

- Hex means something to do with six or sixth.
- A polygon is a shape with at least three straight sides and angles, and typically five or more.
- It's a palindrome number as it reads the same backwards and forwards.
- 2002 in Roman numerals.
- Concentric circles – two or more circles with the same centre point
- Twenty five to four would be 3.35.
- 365 days in a year.
- 52 weeks in a year.
- Volume means the amount of space inside a figure like a cube or sphere.
- A protractor measures angles in degrees.

MATHS CHALLENGE ANSWERS : WEEK #2 1) Pattern C 2) Pattern A

Learn to succeed

DON'T USE SAID!

Don't say said!

Try whispered or stuttered,

Or stammered or yelled,

Uttered or laughed,

Giggled, exclaimed, whooped or howled!

But don't use SAID!

Never say said,

Use screamed, shrieked

Cheered or sobbed.

Try whimpered, whined,

Moaned or groaned!

But don't use SAID!

Don't say said,

Try whooped or screeched,

Or snorted or wailed,

Chanted or hummed,

Bellowed, drawled, ranted or gossiped,

But don't use SAID!

Never say said,

Use questioned or answered,

Or chattered or cried,

Nattered or raved

Grunted, growled, snivelled or snarled,

But don't use SAID!

As Science Teacher, Mr Hussain leaves us today to take up a new position at Darwen Aldridge Enterprise Studio, he has a message for pupils and staff at Priory:

Thank you to all the staff for their help and support in Science, and to the pupils for their enthusiasm and co-operation for learning.

Good luck all the Year 11s taking their final exams and happy Eid to those that will be celebrating!

Q Hussain



W/C 3 June 2019

Monday

Sausage served with hash browns and beans or peas

Vegetable ravioli served with garlic bread

Tuesday

Tomato pasta bake served with garlic bread

Cheese pasty served with diced potatoes and beans or peas

Wednesday

Cheese & Tomato | Ham | Pepperoni Ciabatta Pizza

Fish goujons

Both served with potato wedges and beans or peas

Thursday

Chicken curry served with naan bread

Tomato pasta served with garlic bread

Friday

Battered Fish | Cheese & Tomato Pizza | Steak Pudding

All served with chips and peas or beans

Available Every Day

Southern fried chicken wrap

Cheese | Cheese & Ham | Cheese & Pepperoni Panini

Jacket potato with tuna, cheese or beans

Calculators

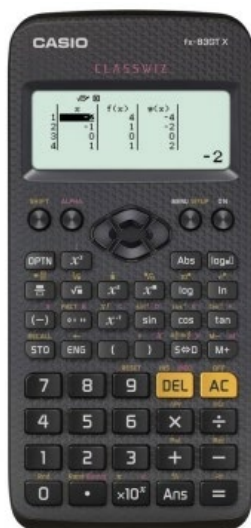
Please ensure your child brings a scientific calculator to school.

The CASIO FX83GTX Scientific Calculator (see below) is recommended and can be ordered from the Finance Office at a cost of £8.50.

Pupils should see Mrs Cookson in the Finance Office. Cash or cheques accepted (payable to Penwortham Priory Academy).

Any queries should be directed to Mr Kenrick, Head of Maths, by email >>

p.kenrick@priory.lancs.sch.uk



POPPY QUEST LIVERPOOL FOR THE ROYAL BRITISH LEGION POWERING VETERANS' RECOVERY

21 JULY 2019

A discovery walk, using maps and minds.

Follow the 10k trail answering questions to uncover city gems.
Friends, family and even the dog can come too!

START: Williamson Square, Liverpool, L1 1EL

COST: £16 adults, under 18's free, we ask you to fundraise £50.

FIND OUT MORE AT:

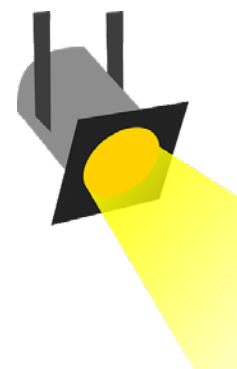
BRITISHLEGION.ORG.UK/POPPYQUEST
OR CALL: 0333 011 4500



**KEEP
CALM
AND
ENJOY
HALF TERM**

We close
today for
half term
break.

School
reopens on
Mon, 3
June.



Pupils In The Spotlight

Would you like to tell us about your child's achievements whether it's in sport, charity events, public speaking, drama, environmental issues, maths challenges or more? Maybe even someone who has overcome adversity and doesn't mind talking about it? (we like those stories!)

If this is your child please get in touch with the Communications Supervisor, Mrs Yates via email at:

j.yates@priory.lancs.sch.uk

Learn to succeed