

Penwortham Priory Post

New Web Pages! Support & Advice During Coronavirus Year 11 Latest Updates

New Website Pages

Pastoral Support

In addition to learning and focussing on the academic progress of our pupils, their pastoral care remains as important as ever.

We understand and appreciate that this is a worrying time for all and therefore we have created a new page on the school website which contains a wealth of information and support on mental health, online safety, general well-being and contact details for support groups, including food banks..

Our various communication channels will continue to circulate links to useful websites and great resources that signpost pupils to take part in activities to help with their physical and mental well-being. This new page will act as a hub for this information, should any pupil or parent wish to refer back to them.

www.priory.lancs.sch.uk/about-priory/pastoral-care/support-during-the-coronavirus

Year 11 Updates

Year 11 pupils will have many questions to ask right now and will have many concerns about their career and further education plans. Therefore, a specific page has been created where Head of Year 11, Mr Faulkner, will continually post updates on careers advice and messages from local colleges, amongst other relevant news for this year group.

www.priory.lancs.sch.uk/pupils/year-11-latest-updates

Keeping in Touch

Through these uncertain times, please ensure that you check the school's communication channels for school updates on the dynamic situation we find ourselves in.

All whole-school information will be posted to the school website via the News and Letters pages.

www.priory.lancs.sch.uk/news
www.priory.lancs.sch.uk/parents/letters

Letters and other updates will also be emailed to parents so please ensure we have your most up to date email address.

Are you following our social media channels?

Twitter @PriorySTC
Facebook /priorystc

Something for Harry Potter Fans

As part of 'Harry Potter at Home', stars from the film series are reading chapters of the first JK Rowling book.

Watch the video readings at:

www.wizardingworld.com

There's also further reading and activities for you to have a go at after.

Recommended by Mrs Willis, Learning Support.



Urgent Reminder For Pupils It's time to do your AR Star Test

Please ensure that you do your final Accelerated Reader STAR test before the deadline next Wednesday. This is the final progress test of the year.

The **deadline** has been extended to next **Weds, 13 May**

Follow the link to login ukhosted27.renlearn.co.uk/6699551 and you can access the test via the BLUE button.

Please note, you can still read and quiz using the AR system exactly as you would at school. To quiz and bank your words, it's the ORANGE button. Head of English, Mrs Gidden, would like to remind pupils that not reading will impair progress more in the months that school is closed than anything else.

If you have any issues, please contact your English teacher directly via email.

Year 6 Transition - From Primary to Priory

Mrs Bullock and Mrs Holland would like to thank all Year 6 primary school staff for their detailed responses regarding their Year 6 pupils who are due to join us in September. This information is extremely valuable to help with their transition from Primary to Priory, especially given the current situation.

If you would like to contact Mrs Bullock (Transition Manager) r.bullock@priory.lancs.sch.uk or Mrs Holland (SENCo) a.holland@priory.lancs.sch.uk please do so via their email address.

Year 6 parents

Mrs Bullock will be emailing Year 6 parents a letter from the Headteacher, Mr Eastham, which will include information about school buses as well as other key information. If your email address has changed since you completed your child's secondary school application, or if you don't receive an email by Monday please contact Mrs Bullock, as above

We urge you to like/follow our social media channels to keep informed of any updates.

Twitter [@priorystc](https://twitter.com/priorystc) | Facebook [/priorystc](https://www.facebook.com/priorystc)



Are you entitled?

How to apply for Free School Meals

Could your child be eligible for Free School Meals (FSM)? Visit the Lancashire County Council website for further information and to apply.

<https://www.lancashire.gov.uk/children-education-families/schools/free-school-meals/>

Online claim form: https://lancashire-self.achieveservice.com/service/Free_school_meals_and_pupil_premium

Learn to succeed

Year 11 Pupils: Runshaw College

Message from Runshaw College 30.4.20

These past weeks we have received quite a few questions from schools regarding our offer of places to Year 11 students.

Please rest assured that as a 'Partner High School' of Runshaw College, we guarantee your students a place with us when they apply before our deadline, and the only conditions attached to this are what they have applied for, and then in August what grades they achieve.

It's a bit like the students having a chair with their name on it at Runshaw, which class that goes in, and to which level of study, depends on what they choose and what grades they achieve... I'll admit it's a bit of an odd image but it's always my go to when explaining the Partner School Promise!

If for any reason a student doesn't quite achieve the grades for the course/s they were hoping for we will always discuss each student's individual circumstances with them and will always offer them an alternative programme/course of study, no matter what, that chair remains!

Tim Cahill
Schools Liaison, Preston's College

RUNSHAW
COLLEGE

New Web Page:
Year 11
Latest Updates

Follow this link for full details:
<https://www.priory.lancs.sch.uk/pupils/year-11-latest-updates>



We might not be at school, but you are never alone. Our staff are working from home (some in school!) and are here to provide support if you need us. And when we aren't working, many of these organisations are...



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Quick Draw Rewards

To reward our pupils who are working hard at home we are going to post out a £5 voucher as a 'well done' to one lucky pupil per year group, each week. Staff will nominate individuals who are working hard and showing a fantastic attitude to their studies. Winners will then be anonymously drawn out of the lists per year group and contacted by Miss Thornton to see which voucher they would prefer and where to send the reward to.



The pupils will have a choice of a £5 Amazon or Love2Shop voucher. Both can be spent online so you don't even need to leave your sofa to enjoy your reward. Good luck and keep up the hard work; it could be you!



Not just for our Drama pupils...

Sometimes we don't get chance to go to the theatre, we're too busy, it's too expensive, it's too far away. Well now the National Theatre is available to you in your homes throughout lockdown.

Recommended by the English Department, this week's play is Shakespeare's Antony & Cleopatra. Starring Ralph Fiennes and Sophie Okonedo as fated lovers, the play of great tragedy in politics, passion and power is streamed on YouTube from 7pm on Thursday, 7 May for one week.

The Theatre's Executive Director, Lisa Burger said, "We have delved into the National Theatre Live archive and curated a programme that's varied from comedy to new dramas to classics so there is something for everyone to enjoy from their own homes. We will be streaming each production at the same time each week in order to recreate, where possible, the communal viewing experience and we hope this will be an opportunity for people to share their enjoyment together online." So put the kettle on, sit back and enjoy >>

There's a new production released on the National Theatre's YouTube channel every Thursday at 7pm which is available to watch for one week.

<https://m.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjqw>

More information at>> <https://www.nationaltheatre.org.uk/nt-at-home>

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Mrs Gidden's Cool Readers Club

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

Before the school closure we interviewed Year 7 pupil, Jack.

Jack's favourite author is Rick Riordan – and he is currently working his way through the books by the author as Rick has written more than 20!

"I was in Year 5 and my friend was reading one of Rick Riordan's books so he got me into them. I got some of them for Christmas.

"I enjoy them, they are about Greek gods and monsters and people do quests. They are exciting and there are a lot of surprises such as a random monster attacking a ship!

"There are a lot of Rick Riordan's books to read and I do like adventure and mystery."

As well as reading, Jack likes numbers as he attends Maths Club every Wednesday lunch-time and he does admit his favourite subject is Maths (don't tell Mrs Gidden!)



"I want to be a mechanic or an engineer when I grow up," added Jack.

The English Department's Watch of the Week

[The Five People You Meet in Heaven](#)

Based on the book by Mitch Albom, the film follows the life and death of a man named Eddie who is killed and sent to heaven, where he encounters five people who had a significant impact upon him while he was alive.

[To Kill A Mockingbird](#)

This classic is based on the Harper Lee novel and set in mid-1930s Alabama. Told through the eyes of Scout Finch, you learn about her father Atticus Finch, an attorney who hopelessly strives to prove the innocence of a black man unjustly accused of rape; and about Boo Radley, a mysterious neighbour who saves Scout and her brother Jem from being killed.



Both available to watch on Amazon Prime - currently free!

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Hello from the Science Department



We hope you have all had a good week. Did anyone spot anything interesting in the night sky?

If any **Year 11 pupils are thinking of studying A-Level Science**, there are some interesting links for you to have a look at.

Biology –

This is an interesting watch. Lots of information on cells and particularly viruses!

www.bbc.co.uk/programmes/b01nln7d

Physics –

Follow the link to be part of a Physics department's Journal Club, and a weekly discussion of scientific papers.

<https://warwick.ac.uk/fac/sci/physics/outreach/journalclub>

Chemistry –

A useful introduction to starting A-Level Chemistry.

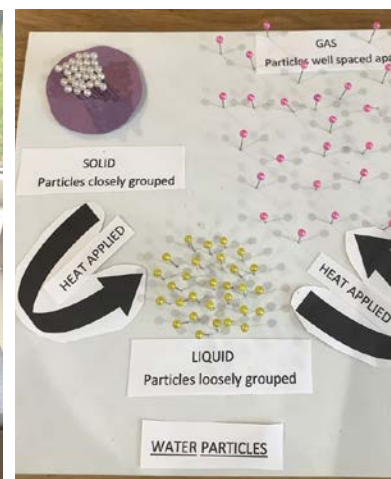
<https://www.youtube.com/playlist?list=PLi6oabjl6coxUlfu8syK3K0iFXQljwDUM>

Now to younger members of the school:

Our Year 7 pupils have been getting very creative with the science work they have been completing at home. Some excellent models and experiments are being carried out. Take a look at these sent in from Lucy B H7, India P H7, Grace McG H6, Mahir D R2.

Mrs Massey
Assistant Head of Science

Top: Lucy's
Chromatography
Second row:
Grace's model
plant cell
Third row: India's
particle model
and model power
station,
Bottom: Mahir
D's evaporation.



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Hello from Learning Support!

We may be in lockdown but LEAP and the Learning Support staff and pupils are in full swing. All those pupils who have additional needs in school or access LEAP on a regular basis have been linked up to a member of the Learning Support team so they still have access to the 1:1 help they need and would normally receive in school. Mrs Holland reports that both she and the rest of the team have been really pleased with the level of engagement with the online learning by the pupils and have had regular contact with them via email or Microsoft Teams. The quality of work being shared by some pupils has been excellent and a real credit to their positive attitude and desire to do well.

Remember there are always staff available to help. If you need any support please contact one of the team -

Mrs Holland - a.holland@priory.lancs.sch.uk

Mrs Willis - a.willis@priory.lancs.sch.uk

Mrs Whalley - f.whalley@priory.lancs.sch.uk

Mrs Dixon - s.dixon@priory.lancs.sch.uk

Mrs Nayler - j.nayler@priory.lancs.sch.uk

Mrs Swire - d.swire@priory.lancs.sch.uk

Mrs Simpson - j.simpson@priory.lancs.sch.uk

Mrs Ali - j.ali@priory.lancs.sch.uk

stay safe! Mrs Holland, SENCO



Well done to these pupils who have impressed Mr Eccles, Lead Teacher of History, with their work during lockdown:

Ella B R5 Yr7, Leo S D2 Yr8, Josh F R8 Yr8, Alfie P C4 Yr8, William C D2 Yr8.

Year 11 Pupils: Message from Preston's College 6.5.20



Preston's College has launched its Sprint Start platform where all new students who have been interviewed and offered a place can access pre-course information and activities relating to their specific course. Student's should have received a link via text and email. Applicants will also receive a personalised newsletter sent their home address to keep up the positive engagement.

The college is still continuing to conduct telephone interviews for any new applicants and this will continue going forward. Any students with queries can ring them between 9am-5pm on 01772 225774 or email guidance@preston.ac.uk

They are working hard to ensure all applicants continue to get the best possible experience despite the current restrictions in place and are there if you need help and advice.

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HISTORY COMPETITION

WEIRD AND WONDERFUL

FACT

Do you know an historical fact that will make us go 'eww', 'ohh' or 'really!'?

Humanities teacher, Miss Ackers, is challenging pupils to come up with a fact that is funny, bizarre or unbelievable.

Each week the best one will be published here in the Priory Post with a prize awarded for the best over the term.

You can ask your family and friends, search the internet, read or watch Horrible Histories, or divulge something that's just stuck in your memory!

Email your facts to b.ackers@priory.lancs.sch.uk before Thursday, 12 noon each week. All entries must be factually accurate.

This week's winners are:
Lewis T H7 and Samuel D H3 (both Year 7)

Well, we thought that these two boys had over-indulged in the Easter festivities when they came up with this one but apparently, it's true!



DID YOU KNOW?

Napoleon Bonaparte was once attacked by a swarm of bunnies!

Most agree it happened in July 1807, after Napoleon signed the Treaties of Tilsit (which ended the war between the French Empire and Imperial Russia). Looking to celebrate, the emperor proposed a rabbit hunt, But something strange happened. The rabbits didn't scurry in fright. Instead, they bounded toward Napoleon and his men. Hundreds of fuzzy bunnies gunned it for the world's most powerful man!

Read more >> <https://www.mentalfloss.com/article/51364/time-napoleon-was-attacked-rabbits>

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Want to know more about the world around you?



Humanities teacher, Miss Makinson, will be running a Geography Club on our return to school.

Once a week for pupils in years 7, 8, and 9, Miss Makinson will host the opportunity for you to explore the world around you through fun and exciting activities. She has already planned to look at topics such as travel, Geography in Penwortham and the natural world.

Does this sound like something you would be interested in?

Why don't you get involved now?

Miss Makinson has launched a competition to find **'Priory's Geographer of the Year'**. Details on how to enter are below;

Where can geography take you?

Whether you've always wanted geography to take you to a particular place, to help you in a particular career or to help you understand one of the many challenges facing our world we want to know where geography can take you.

The deadline for all entries is **Mon, 8 June** at 5:00pm. Entries should be emailed to m.makinson@priory.lancs.sch.uk

What do I have to do?

All entries must clearly illustrate where geography can take you and adhere to the following criteria;

- Excellent attention to spelling, punctuation and grammar.
- Use of accurate geography terminology throughout.
- Clearly labelled and appropriately acknowledged sources, including diagrams, charts, maps or images.
- Accurate use of symbols and keys were appropriate.
- Original and independent.

What should I produce and include?

- An A3 poster either on paper or electronically.
- Describe two or more ideas as to where geography can take you.
- Discuss the skills that geography can provide you with.
- Use at least two annotated diagram, charts, maps or images.

Make sure your entry meets all the entry requirements.
Still got questions? Contact Miss Makinson at m.makinson@priory.lancs.sch.uk



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Department for Education

Information and Support for Parents from the Department for Education

Updated guidance for parents and carers on the closure of educational settings

The guidance for parents and carers on the closure of educational settings has been updated with additional information on the Friday 8 May Bank Holiday, a link to the updated admissions appeals guidance and updates to the support and educational resources available to parents to help them educate their children at home.

The guidance can be found here:

www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers

Launch of the Oak National Academy online classroom and resource hub

The sector-led Oak National Academy has today launched its online classroom and resource hub. The Academy offers 180 video lessons each week for schools to use, across a broad range of subjects. The lessons cover children in Reception through to Year 10 and are free to use by both teachers and young people.

The Oak National Academy can be accessed here:

www.thenational.academy

New virtual cyber initiative for teenagers

The Department for Digital, Culture, Media and Sport has announced an online initiative that aims to inspire school pupils to work in the cyber security sector through a range of extracurricular activities including online classes. This provides the opportunity to learn and develop the important skills required for future jobs in areas like cyber security from home.

Online educational resources to support children to continue learning at home

We have published a list of online resources that parents, and schools can consider to support children to continue learning at home. The list will be updated over time, and includes a wide range of resources for all ages that schools can consider using as part of their planned curriculum. Schools have already been drawing on existing resources and tools they are familiar with to support children to continue learning at home and should continue to do so.

More information can be found here:

www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources

Guidance for parents and carers on supporting their children's education during coronavirus (COVID-19)

We have published information, guidance and support for parents and carers of children who are learning at home during the coronavirus (COVID-19) outbreak.

Guidance on helping children with special educational needs and disabilities learn at home can be found here:

www.gov.uk/guidance/help-children-with-send-continue-their-education-during-coronavirus-covid-19

Full details of this announcement and the resources available can be found here:

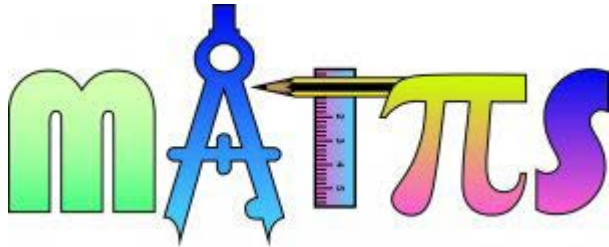
www.gov.uk/government/news/new-virtual-cyber-school-gives-teens-chance-to-try-out-as-cyber-security-agents-from-home

There's nothing like the great outdoors to breed creativity

Getting out in nature is great for mindfulness and creativity - yay for nature! Head of English, Mrs Gidden, has dug out her trainers and started running again since lockdown began late March and can reach over 5k a day now!

She tells us, *"I find it super when work or lockdown gets stressful. The pictures I took on my run also helped to inspire me and Mrs Robinson-Ali when we wrote the 'Nature is Beautiful' creative writing unit".*

We hope our Year 7s are just as inspired by nature when they write creatively this half term!



It's thirsty work for the Maths Department as they go online with their weekly challenge...

Every Tuesday afternoon the Maths department will be publishing a video challenge. Pupils will have until the following Monday afternoon to submit their answers.

All year groups can take part however higher mathematical standards will be expected from the older pupils.

The challenge will be issued to pupils via email and will include supporting information where necessary. Points will be awarded for taking part, creativity and accuracy.

Assistant Head of Maths, Mr Henshaw, emphasised: *"We really want to see your working out so please take a photograph of your solutions as well as your final answer and send them to us in an email. We are going to keep a scoreboard over the next few weeks and there will be prizes!"*

All the Maths staff will feature in the videos over the series - this week it's Mr Scott's turn in front of the camera.

Here is this week's challenge:

Challenge #1 - Thirsty Work <https://youtu.be/eJ9n0l3sgkM>

"How long will it take Mr Scott to drink all the water that is in front of him?"

Answers should be submitted to: mathematics@priory.lancs.sch.uk | Deadline - Mon, 11 May (4pm)

Good luck!

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What have you been up to H7?

H7 form tutor, Mr Watters, has been in regular contact with his pupils (as have all teachers) and discovered that they have been upto some amazing things beyond their academic studies.

Year 7 pupil, India P, is a whizz with wood and has created some amazing craft in her dad's workshop - chopping boards and tea light holders - and then had time to perfect her Food Tech skills by baking flap jacks and chocolate cornflake cakes.

Year 8, Fatima H, has been playing Monopoly and Speak Out with her siblings as well as baking fun cakes and desserts including a very professional-looking Lotus Biscoff cake (Mr Watters has asked her to freeze a decent sized slice!). She also made brownies but they were snapped up before she could take a picture!

Meanwhile, last Thursday, Year 8 Dylan P put on his cadet uniform as a tribute to Captain Tom on his 100th birthday and stepped out of his front door to clap for the NHS.

It seems Mr Watters' talent remains with the Geography department though as he told us, "I baked a cake which was an epic fail however the birds in the garden loved it. Hopefully these photos will inspire others to take up hobbies."



STARS OF THE WEEK



The English Department's Stars of the Week

These pupils have been going above and beyond - they've submitted lots of work and have been fully engaged with their projects and teachers online.

Aaron B Yr10 H3, Luke B Yr7 H3, Ryhs K Yr9 C1; Ella B Yr7 R5 ; Troy C Yr7 H7; Alex P Yr9 C7, Lee T Yr8 C1; Lily McM (now a 2 millionaire reader!) Yr7 C7 ; Katie B Yr9 D7; Josh P Yr9 D6; Emily B Yr9 H7; Violet S Yr9 C6; Scarlett S (go sisters!); Keira M Yr9 H6; Jazmin A Yr9 H3; Taylor G Yr8 R5; Yr8 C6, Sean M Yr8 C7; Josh B Yr8 C4; Harry W Yr8 H5; Ella W Yr10 C2; Dhilan C Yr10 D7; Keyante C Yr9 D5; Louisa R Yr10 D2; Lexi G Yr10 D6; Hayden M Yr10 R2; Finley K Yr10 D2.

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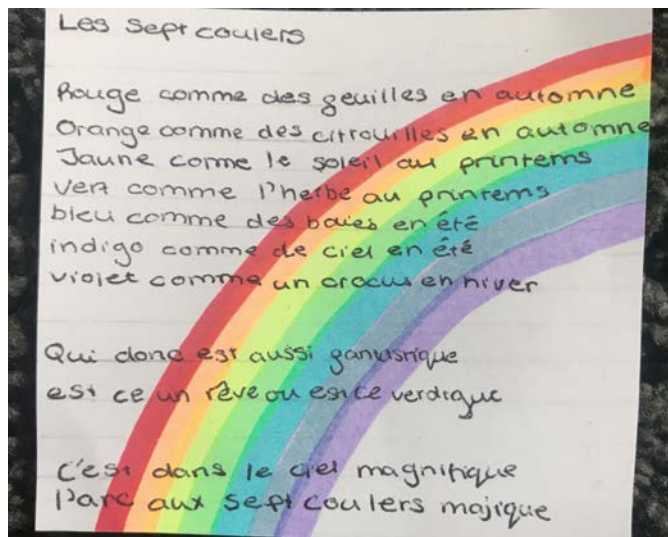
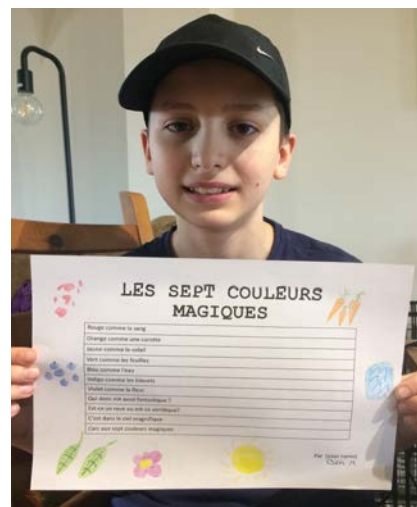
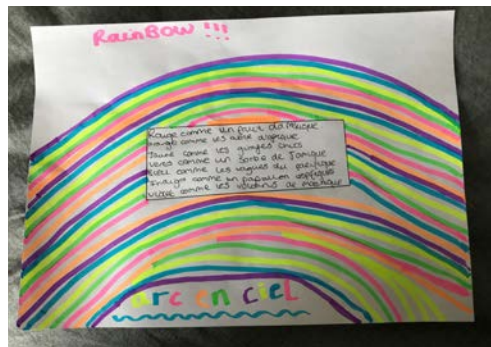


Que faites-vous pendant les cours de français?

What do you do during French lessons?

This week pupils are producing their own poems based on '**Les Sept Couloirs Magiques**' by **Mymi Doinet**. They need to use nouns and adjectives to change the meaning of the poem.

Year 7 pupils Lewis T H7, Martha McA C7, Leon A D1, Cameron S R2 who had also sent in a recording of him reciting the poem - hoping Mrs Scully will be obliging with achievement points for this extra work! **Year 8** pupils Ben M D6, Aaron W D6, Maya P D4 who based hers on the seasons and Fatima H H7 who has beautifully presented her poem.



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Wondered how the French are reporting on a topic that is currently affecting us all?

The child friendly mini newspaper, 'un jour, un actu', publishes snippets of news in French and has a feature called '1jour,1question'. Their one question per day article has a little cartoon graphic, a video and a short text so is easy for learners to engage with.

Take a look at their article on: *What are the homeless doing during the outbreak?*

<https://www.1jour1actu.com/info-animee/comment-font-les-sans-abri-pendant-lepidemie-de-covid-19>



France

Comment font les sans-abri pendant l'épidémie de Covid-19 ?

28 avril 2020

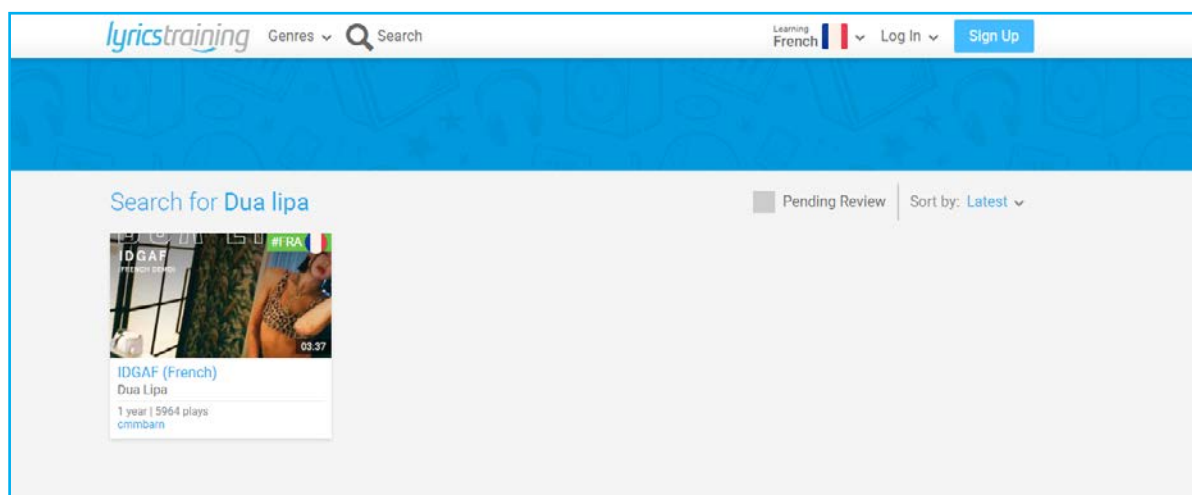
Le 17 mars 2020, près de 67 millions de Français sont entrés en confinement. La règle : rester chez soi pour croiser le moins de personnes...

12



Dua Lipa - IDGAF (French and English version)

This is a song on [Lyricstraining.com](https://www.lyricstraining.com).



To access it on the site, change the set language to French and then search for Dua Lipa. You don't need to set up an account to access this but if you want to then registration is free. See screen shot opposite.

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Activités Françaises Pour Toute La Famille

French activities for the whole family

Une page d'activités pour toute la famille.

A rebus (rébus) is a type of word puzzle. The concept originated in France in the 16th century and typically involved a pictogram of some sort. The term rebus comes from the Latin saying *de rébus quae geruntur*, which means 'concerning things that are taking place'.



Hint - you may find me in the mountains



Hint - you eat me



Hint - I know one called Sam

Les Charades

- Mon premier est la deuxième syllabe de moto.
- Mon deuxième est la première syllabe de maman.
- Mon troisième est la dernière syllabe de saute.
- Mon tout est rond et rouge.

Réponse : tomate

- Mon premier est la deuxième syllabe de tabac.
- Mon deuxième est la deuxième syllabe de râteau.
- Mon tout vogue sur l'eau.

Réponse : bateau

Teatime Trivia

- 1) Which French footballer made his professional debut in Monaco in 1994 and retired in 2014?
- 2) Who is the current president of France?
- 3) What date is Bastille day celebrated in France?
- 4) In France if you ordered Crepe Suzette what would be the main flavour?
- 5) Which French city also means pleasant or agreeable in English?
- 6) In which mountain range would you find Mont Blanc?
- 7) France won the World Cup in 1998 but who was the host nation?
- 10) What does the expression 'Bon appétit' mean in French?

Answers on page 23.

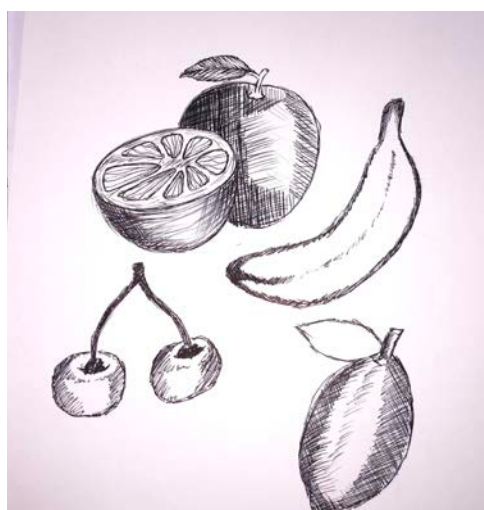
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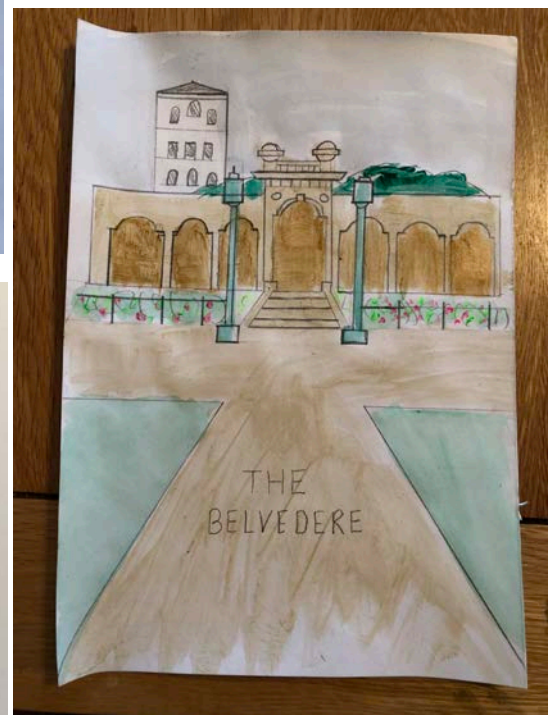
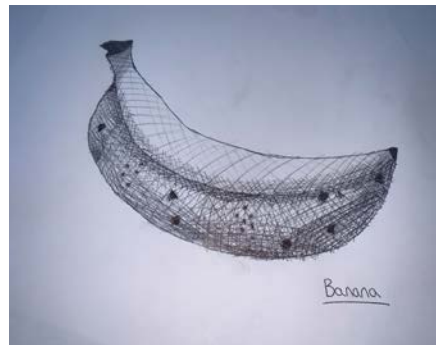
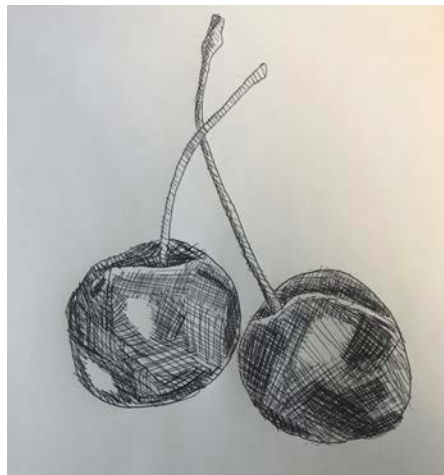
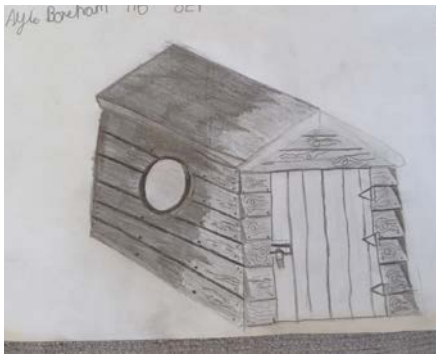
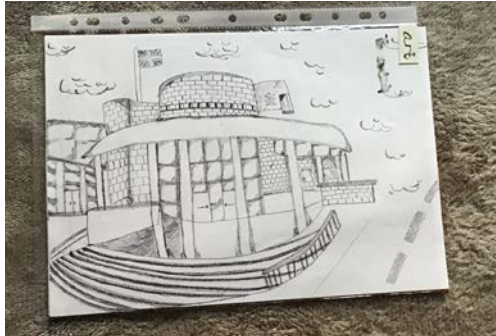
For their Art lessons, pupils have been asked to draw their given theme demonstrating use of pencil by presenting tonal drawings, line drawings and cross hatching pieces. They also have the option of using other materials they have at home too.

Year 7 are focusing on Personal Objects | Year 8 Preston Architecture | Year 9 Food & Drink | Year 10 are investigating their own themes. Pupils have been sent links to YouTube videos demonstrating techniques, to improve their outcomes.

Fantastic effort from: **Year 7** Lucy B H7, Emmie P H2, Lewis T H7, **Year 8** William C D2, Maya P D4, Sara T C4, Alfie B H6, Ceri D C1, Curtis H R4 (The Belvedere, Avenham Park, inspired by a Preston illustrator), Leo S D2 (who took his inspiration from Preston Cenotaph), **Year 9** Erin W D2, Erin M H7, Rhianne L D4, Reuban K D1, Lara M R5, Libby W R5.



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Learn to succeed

Food Technology

Year 10 Food Technology students have been learning about raising agents and were challenged to show their learning in a dish they made. Josh W, C7 made toad in the hole and homemade gravy.



Stephen's Sumptuous Smoothie

Year 8 pupil, Stephen P-N made a smoothie using the following ingredients:

150ml of whole milk
1 whole banana
60g of blueberries
75g of SKYR raspberry yoghurt

He put the ingredients into a container and stick blended them until smooth. It seems like Stephen hit top marks from his family as he commented that "Everyone in my house said that it's delicious".

Stephen didn't send us a photo although he did take this one which shows off his culinary knife skills - a stunning swan cut from an apple - fantastic!



Year 9, Katie has been baking chocolate chip cookies and having a mini bake off with her brother because, she tells us, "We both find cooking super fun!" Excellent Katie, our mouths are watering!



Have you joined Jack for lunch yet?

Cook with Jack is a new series to show you how to prepare quick, tasty and affordable lunches.

Tune in live every school day at 12pm. There's £15 shopping list and meal plan for each week and, if you missed a day, you still catch up with the cook-a-long videos.



Jack Deane, a chef from the Jamie Oliver Cookery School, is volunteering his time to teach us how to cook easy lunches from a shopping list price-checked by Bite Back 2030 to fall within the weekly free school meals budget at a national mid-range supermarket.

He rustles up simple meals that can be made with minimal prep time and equipment whilst meeting the requirements of the School Food Standards.

<https://www.biteback2030.com/real-story/cook-jack-4th-may-8th-may> | <https://www.youtube.com/c/biteback2030>

If you missed them, click here to view recipes from 27th April - 1st May >> <https://www.biteback2030.com/real-story/cook-jack>

Learn to succeed

Photo Competition Winners

The photo competition has been a real winner with the students – we have been receiving in excess of 50 entries per week and it has really showcased some of the talent that our students have. It's lovely to hear some of the backstories that sit alongside the photos too.

Even the Chair of Governors, Mr Burke, got involved this week (entries are judged anonymously!) with a photo entitled 'boggy marsh' taken during his daily exercise.

The deadline for last week was extended to include this week too and, with a **'Water'** theme, the winning entries in no particular order are:

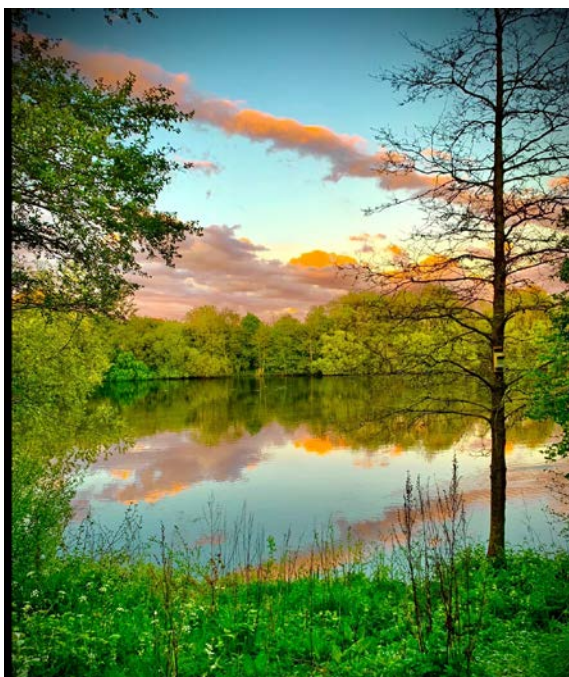
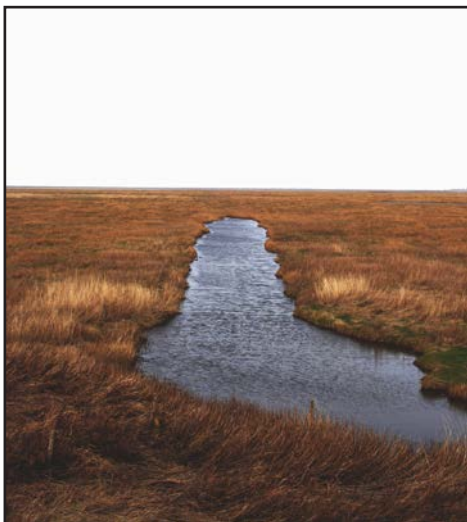
Alicia R (D6 Yr 10) – Waterfall
Will J (C1 Yr 9) – Watering Can
Tom F (H3 Yr9) – Summer Evening

Well done to all our students involved.

Next week it's 'Macro' - let's see what you can photograph close up!

To enter: Email your photos from your school email address to Mr Metcalfe at p.metcalfe@priors.lancs.sch.uk. Entry closes each week at 12 noon on Thursday with the winner announced on Friday.

See poster above for full details.



Why not join our weekly photo challenge? Whether you use your smartphone or you are a budding photographer – send us your photo of the week.

The theme this week is

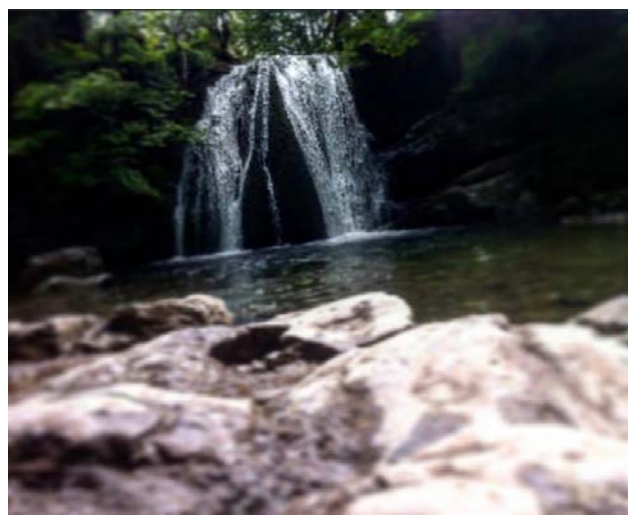
Macro

Email your photos to

p.metcalfe@priors.lancs.sch.uk

Each week, Mr Metcalfe and Mr Eccles will choose their top 3 photos that will be published in the school newsletter and on our social media platforms.

Entries in by 12noon every Thursday and winners announced on Friday.



Learn to succeed

Mental Health Family Hour Webinars

Free live webinar every Tuesday at 10am

Sam Tyrer, Prevention & Engagement Lead at Lancashire & South Cumbria Foundation Trust along with a mindset coach, hosts a live webinar called 'Mental Health Family Hour' every Tuesday at 10am.

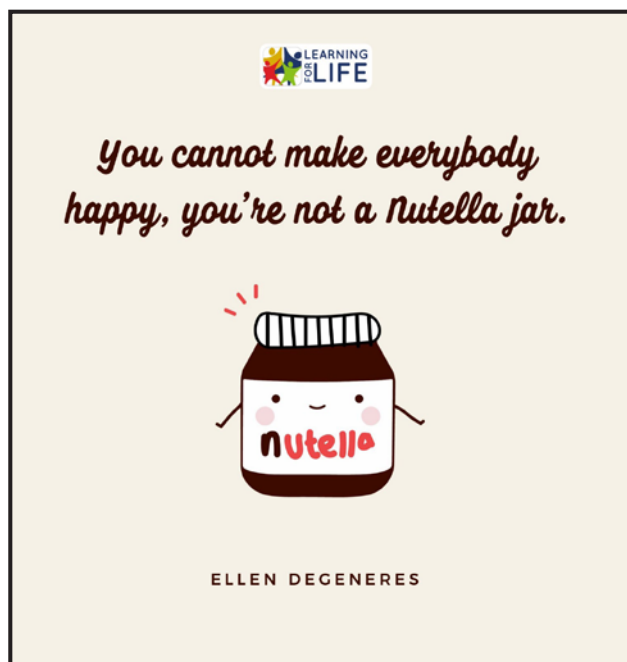
Each of the live sessions will also be uploaded to YouTube <https://youtu.be/wZKO4sb9BAk>. These can be watched at any time and will be useful for everybody. The sessions will especially create a great opportunity for families to discuss their mental well-being and hopefully lead to some positive discussions.

The live sessions are available every Tuesday at 10am via www.twitch.tv/mindsetbydave. All you have to do is simply click on the link at 10am to tune in to the live streaming. Past sessions include: Anxiety, Communicating about Mental Health, Social Media & Self Image, Stress & Coping Strategies.

There will be an opportunity at the end of each session to ask questions. If anybody would like a certain topic exploring, please email: Sam.Tyrer@lancashirecare.nhs.uk



Here's one of Technology Teacher,
Mr Graham's, little boosts...



IF YOU'RE **11-19** YEARS OLD **TEXT YOUR SCHOOL NURSE**

07507330510

WE HELP STUDENTS WITH ALL KINDS OF THINGS LIKE...

EMOTIONAL HEALTH & WELLBEING **BULLYING** **SELF ALCOHOL HARM** **HEALTHY EATING** **SMOKING** **SEXUAL DRUGS** **CONTRACEPTION** **HEALTH**

Text us for confidential advice & support

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.













Learn to succeed



Supporting Social, Emotional and Mental Health Needs

There is much that each one of us can do to support the wellbeing of those in our lives, including children and young people who may already be vulnerable or suffering from mental health difficulties.

Apps - This is a collection of apps that are designed to support young people, adults and families with their mental health and well-being.

 <p>Headspace A meditation app that acts as a personal guide to health and happiness</p>	 <p>SafeSpot Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations.</p>
 <p>Mindshift A free app designed to help teens and young adults cope with anxiety.</p>	 <p>Worriots Child friendly app designed to help children cope with worries and anxieties.</p>
 <p>Superbetter Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles.</p>	 <p>Think Ninja This app from Healios, helps young people aged 11 to 17 years old with their mental health, emotional well-being and resilience and is being made available for free during the Coronavirus crisis.</p>
 <p>Calm Meditation techniques to aid with stress and sleep.</p>	 <p>Feeling Good Teens The Feeling Good Teens App uses short audio tracks to help let go of worry, improve sleep, develop self-esteem, resilience and goal focused motivation – access is free using the username: coboost and password: coboost during this period.</p>
 <p>Combined Minds An app developed to help families and friends support young people with their mental health</p>	
 <p>Calm Harm An app that helps young people manage the urge to self-harm.</p>	

Email send.traded@lancashire.gov.uk

Learn to succeed

Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Starters for STEM



Starters for STEM are 10 activities that parents can use at home to help children develop their science, technology, engineering and maths skills. These activities are easy to resource and provide children with the stimulus to talk about the world around them. If you see a link, you can explore how to extend these activities, you will need to sign up, for free, to access these materials. Don't forget to share your work on social media **#ScienceFromHome**

Fantastic fruits,

Collect a selection of fruits. Are they all the same? Do you know what they look like inside?

Look inside—what patterns do you notice?

www.stem.org.uk/rx64kj

Garden/home treasure hunt

Create a rainbow collage by collecting coloured materials from your garden or home.

www.stem.org.uk/rx33ho

What's in your house?

Find 5 things in your house. What are they made from?

Can you name the properties of the different materials?

www.stem.org.uk/rxq2rt

Growing plants from the things you throw away

Collect the seeds from the fruit that you eat. Including tomatoes and squash.

Do they all look the same? Plant them and observe how they grow.

www.stem.org.uk/rx32mj

Imagine what your life would be like without plastic

Write a story or create a comic strip for 'a life without plastic'.

Are all plastics the same? Do they all float

www.stem.org.uk/rx355t

How does our body work?

Go outside and use chalk to draw around someone's body.

Can you draw what is inside your body? What does each part do?

www.stem.org.uk/rx34f3

Spooky sounds

Sit quietly for 60 seconds, make a list of everything you can hear. Try this in different places, indoors, outdoor or even in the bath.

What do you think it would sound like in space?

www.stem.org.uk/rxzum

Excellent electricity

Make a list using words/drawings to find all the things in your home that use electricity.

If you could keep only one item which would it be? Why?

www.stem.org.uk/rxxxr

Fun with flight

Design and make a paper aeroplane that will travel the furthest.

Does changing your design make it go further?

www.stem.org.uk/rxfjy7

Who would live in a house like this?

Design a creature that would live in the boot of your car, or the bottom of your bag.

What special adaptations/characteristics would it have?

www.stem.org.uk/rxq7nj

Book Character Quiz:

1. James from James and The Giant Peach by Roald Dahl.
2. Macduff from Macbeth by William Shakespeare.

MFL - Rebus

- 1) chat-lait (chalet)
- 2) rue-barbe (rhubarbe)
- 3) pont-pied (pompier) (firefighter)

MFL - Les Charades

1. tomate (tomato) 2. bateau (boat)

MFL - French Teatime Trivia

- 1) Thierry Henry 2) Emmanuel Macron 3) 14th July 4) Orange 5) Nice 6) The Alps 7) France 8) Enjoy your meal



**NEXT
ISSUE**

Out Fri, 22 May

Learn to succeed