

# Penwortham Priory Post



## Fairness in Football #LetGirlsPlay

**PE teacher Miss Beesley is determined to 'let girls play' football as part of a national initiative.**

England Football and Barclays say 'it's everyone's game' and 'want every girl to have equal access to football in school and in the community in 2024.' They held a 'Biggest Ever Girls Football Match' in March nationally encouraging as many girls as possible to play football on that day.

Miss Beesley made sure the Priory girls had access to part of the 3G pitch.

She said: "It's about changing views. A lot of the time the 3G pitch is seen as a boys area so it's making sure girls can get on the AstroTurf and play football. It's making sure everyone is treated equally when playing sports and given equal opportunities.

"The girls are so enthusiastic, especially the current Years 7 and 8, who want to play football and we want to encourage them so they can play more games and there are more leagues for girls locally."

Priory's Year 10 girls football team have been together since Year 7 and have reached the quarter-finals of the Lancashire Cup. The girls play for a range of teams, including Rochdale AFC, Penwortham Town and Buckshaw while, at Lostock Hall, they are coached by former Priory pupil Jazmin Attwood, who captained Lancashire Under 16s to national final victory when at school.

Year 10 Caitlyn said: "Boys sometimes say girls can't play football but we want to show them we can."

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## Key Dates

### Diary Dates

Did you know that the term dates for the academic year are available to view and download from our website?

[www.priory.lancs.sch.uk/parents/termdates](http://www.priory.lancs.sch.uk/parents/termdates)

### w/c 20 May

Year 10 work experience week

### Friday, 24 May

Year 9 DofE expedition practice

### Mon, 27 May - Fri, 31 May

Mid Term Closure

### Thurs, 6 June

Year 8 3D printing workshop (selected groups)

### Friday, 7 June

Year 10 DofE expedition practice

### Monday, 10 June

Year 8 Parents Evening (online)

### Friday, 14 June

Year 11 Leavers Assembly until 4pm

### Monday, 17 June

Year 10 Preston College taster day

### Tuesday, 18 June

Year 10 Runshaw College taster day

### Friday, 21 June

Learning for Life Day 5  
Early lunch followed by school closure at 1.10pm



Continued from front page

Pictured - Year 10 football team

Year 7 Lola said: "I wouldn't say I am the best at football but I enjoy it. I support Liverpool and have been to Anfield many times. I also enjoy watching the women's games. My friend Willow is probably better than a lot of the boys!"

Willow, who plays centre midfield for Lostock Hall, said: "I do get annoyed when the boys are on the 3G pitch and won't always let us on, I want more opportunities for women to play football."

Girls from all year groups may access the 3G pitch at break and lunch. Supervision is provided by Mr Eastham and Mr Gee, and girls are welcome to play against each other or the boys, either will be accommodated dependent on numbers.



## Lost and Found: Are These Yours?

There's not much this half term, which is great to see. There's one PE kit amongst the hoodies but many more in the PE Department's lost property.

If you can identify any items here then pupils should take a look in the lost property box in the Pastoral office.

Lost and found property is located in the Pastoral office with the exception of PE kit which is kept by the PE Department. Please also check with the school office for any items lost that day. Valuables will be stored securely by the Pastoral office (see Mr Shipton) until their owner can be identified.

We do aim to return named items to their owner and so we cannot over-emphasise the importance of marking all property with your child's name, including ties and stationery.

All unclaimed lost property is added to the uniform bank, donated to charity or is disposed of after each end of term.

The last day for collection of any of these items is Friday, 24 May.

Mr Shipton  
Pastoral Manager



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# Road Works and Traffic: Year 11 Exams

We have been notified by Lancashire County Council that extensive road works will start on Leyland Road on Monday, 10th June.

## Parking At School: A Polite Notice

Following complaints from local residents, we would like to politely remind parents/carers to park courteously, not on double yellow lines, and allow for clear passage of other vehicles when dropping pupils off or collecting them at the end of the school day. In addition, please respect our neighbours by not blocking driveways. Speed around Crow Hills Road and Crookings Lane has also been raised by residents as an issue.



This, combined with the current roadworks on the Cawsey, has the potential to cause significant delays for pupils travelling through Lostock Hall in a morning especially on a school/public bus.



We are therefore asking that Year 11 parents make alternative arrangements to ensure your child is at school by 8.35am for the final week of GCSE exams starting on Monday, 10th June.

By parking in a legal and considerate manner, congestion will be reduced and safety enhanced thereby allowing for the least amount of disruption possible for parents and local residents. This may mean parking a little further away from the school.

By giving you this notice we hope parents can work together to arrange car sharing and early morning departures where possible. If your child is late to school for an exam due to the traffic, we will have procedures in place so they are not disadvantaged, but we want to keep this number of pupils to an absolute minimum.

We recognise that this may be one or two individuals and appreciate everyone's co-operation in respecting our community and keeping everyone safe.

*Thank you for your support*

*Mr Gee  
Assistant Principal*

	Period 1 08:50 to 00:50	Period 2 09:50 to 10:50	Break	
W/C Mon 20th May	Monday	English Lit 2 (2 hr 30 )	LATE	
	Tuesday	GCSE PE Revision (MB)		
	Wednesday	Physics 1 Combined (1hr 15) Physics 1 Seperates (1hr 45 )	Physics 1 Combined (1hr 15) Physics 1 Seperates (1hr 45 )	
	Thursday	English Language 1 (1hr 45)	English Language 1 (1hr 45)	
	Friday	French Writing (1 hr F / 1 hr 15 mins H)	French Writing (1 hr F / 1 hr 15 mins H)	

## GCSE Exams w/c 20 May

**Black = exam**  
**Green = revision session**

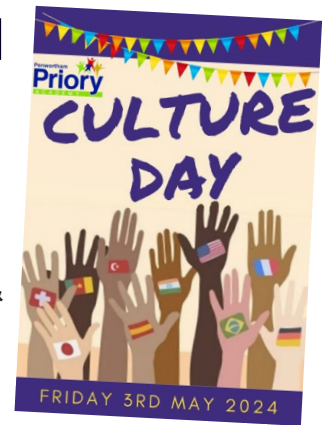
	Period 3 11:15 to 12:15	Period 4 12:15 to 13:15	Lunch	Period 5 13:50 to 14:50
W/C Mon 20th May	Monday			
	Tuesday	Com Sci revision (SQ)	Early	Com Sci - Application - Hex 1 (2 hr ) Science Revision (DB, AP, VE, CM, KR, TS2)
	Wednesday	English Revision (SB, LH, KT, JE, RO, LW,SB2)		PE 1 (1 hr)
	Thursday		French Revision (AS, ABA)	French Revision (AS, ABA)
	Friday	Maths Revision (PK, RAS, AHU, TR, SW, GE)		

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# Culture Day - An Occasion For All

**Culture Day was a colourful, successful and informative day!**

This is the second year Priory has organised a special Culture Day with Head of ICT & Computing, Mrs Qadri, leading it with help from her 'Culture Club,' which meet once a week.



There has been Henna painting all week, a special hot food menu on the day, music from different cultures playing at break and lunch (MaBaL), a food sale at break - including samosas, spring rolls and more - and pupils dressing up in their traditional cultural clothes. There was also a Greek food workshop after school, led by Mrs Cowell. Pupils were asked to donate £1 if they chose to wear their own clothes and all money raised in donations from the event are going to the Red Cross and Friends of Mulanje Orphans (Malawi).

Mrs Qadri said: "We pride ourselves on our diversity and vast cultural community at Priory – we have on average 15 different ethnicities and more than 20 different languages spoken.



"Having a day to celebrate our culture is important. It's always a popular day – especially the Henna tattoos."

Having a day to celebrate our culture is something that has been requested by many of our pupils and we agree that it is extremely important for children to be proud of their identities, faiths and cultures, but also to share their background with their peers.

Year 11 Favour said: "I helped to start Culture Day last year, going back to my Nigerian heritage, to help people understand other cultures and accept them. I felt we needed a colourful day so it was nice to wear traditional dress for school."

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Year 10 Tasha said: "Culture Club meets every Wednesday where we discuss all the different cultures. It's good to have a day to organise events and have different cultures highlighted more."

Year 8 Lily said: "I had a Henna tattoo last year and came back for another this year as I think they are pretty."

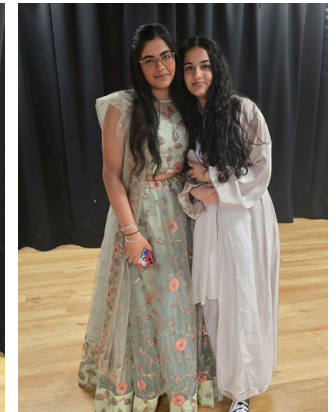
During Learning for Life on the Thursday, Audrey Toft, a trustee from one of the Culture Day beneficiaries, Friends of Mulanje Orphans (Malawi), delivered an online assembly to talk about how the pupils' donations we will be used. She also asked to come in on Friday to see how our pupils celebrated and to enjoy the morning with us.

Mrs Toft said, "On behalf of FOMO I would like to thank the school for inviting me in to give a presentation about FOMO and life in Malawi. Hopefully I gave the pupils some idea of what life is like for people in Malawi, and for the orphans we support.

She went on to say, "I was very pleased with the way quite a number entered into the spirit of the event afterwards. And also on Friday morning – very colourful and enjoyable!"

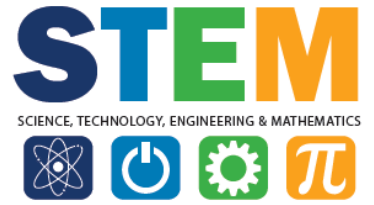
Mrs Qadri, added, "We have worked with this charity previously, donating decommissioned laptops which are currently in use in Malawi".

Not to be left out, staff were able to purchase traditional Indian food and snacks to take home, made by Mrs Qadri and her family.



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# When Science Becomes Electric!



Last Wednesday pupils in Year 7 and Year 8 attended an in-school STEM workshop. The session, led by BAE Systems, the Royal Air Force and the Royal Navy centred around the theme of electricity and its generation.

Pupils were very enthusiastic to join in with the session where volunteers built a model circuit and discussed how the moving electrons created the current. When discussing electricity generation, pupils considered the pros and cons of each energy resource and how, although there are many such as coal, oil, biofuel and geothermal to name a few, each one works ultimately in the same way by turning a generator.

The group also discussed electrostatic build up and demonstrated this with a very brave pupil who had a hair-raising experience on the van-der-graaf machine.

Electricity generation was demonstrated by using a simple generator as well as teachers taking part in a bike generator to produce enough electricity to create a colourful display behind the bike.

The very engaging hosts ended the workshop by discussing the varied range of engineers that exist, and the 27 engineers that were required to make a mobile phone!

Assistant Leader of Science, Mrs Potter, said, "The session was an excellent opportunity for the pupils to become engaged with the topic of electricity. It has provided an introduction with the pupils getting hands-on and visual demonstration experience of the topic before they actually cover it in the classroom".

*Mrs Potter  
Assistant Leader  
of Science*



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## Bringing music to your ears at break and lunch

MaBaL (Music at Break and Lunch) is music played through the school's loud speaker system during break and lunch. Chosen by Mr Taylor, Lead Teacher for Music, this is designed to offer exposure to the curriculum in different ways, and support pupils' appreciation of music.

The focus is on one theme each week across a genre, a country or from history. The theme could also link to the season, a festival or an event in school, such as the musical production.

## Next week it's all about: Television Theme Tunes

**Sashaying, weaving and slaloming around the early exam season next week will be the theme of Television Theme Tunes. So why do some of them stick in the head?**



It might be the crashing drums at the start of EastEnders, the unfathomable "hooky street" lyrics at the start of Only Fools and Horses. Whatever it is, many of us have a TV theme tune we cherish, in many cases more than the show itself. The compositions are instantly recognisable, often unlike the composers.

Initially, television themes were often written without seeing the show first. Instead a group of composers would each record a theme, and one would be selected by the show's producers. Today the trend is towards pieces being specifically commissioned. In these cases, a brief was handed to a composer suggesting the theme, the mood and possible instruments to help create this.



Does the Pink Panther theme literally sound like the cautious, creeping movement of a cat? Is Coronation Street's theme one of the more memorable for its ability to evoke the spirit of Manchester?

Equally, some TV theme tunes use an existing score of music such as the Prokofiev piece, Dance of the Knights from the ballet of Romeo & Juliet, the dark and brooding mood symbolic of the tension and backstabbing about to unfold in the boardroom.

Theme tunes have the power to summon a wave of televisual nostalgia, and the importance they are accorded is best indicated by the presence of a special category at the Ivor Novello songwriting awards. However, it does remain hard to explain why some provoke such a powerful response and some don't.

**Future weeks' theme suggestions are welcomed - pupils/staff should see Mr Taylor, email [a.taylor@priory.lancs.sch.uk](mailto:a.taylor@priory.lancs.sch.uk) or contact via Teams chat.**

Mr Taylor  
Lead Teacher of Music

# Pupils Meet Fred for Careers Talk in Policing and Animals



Last week we welcomed PC Steven Davies and Fred from the British Transport Police. Steve joined us to talk to pupils from across all year groups about careers in Policing and the different aspects of working with animals.

During the afternoon workshop, Steve demonstrated how his dog, Fred, is trained to seek and indicate that explosives are present in an area: Pupils hid a dupe explosive substance in the Rose Garden whilst Fred stayed in the Conference Suite. When Fred was instructed to search for the substance he investigated one area of the garden, until a breeze triggered Fred to run across the garden to the hidden substance. Fred was rewarded with his favourite tennis ball and a game of fetch with pupils.

Ms Smith said, "It was amazing to see Fred behaving like a pet five year old labrador, until his Police harness was put on. Fred immediately transformed into a focussed Police dog, fixed on Steve's every verbal and non-verbal command.

She continued, "Steve's talk was insightful and covered different Policing roles, application processes, career progression, different aspects of training the dogs for specific roles and the issues surrounding living and working with a dog. Our youngsters left enthused and with the skills to train their own dogs to find their mobile phones!"

*Ms Smith  
Lead Practitioner for  
Personal Development*



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# Priory's Fantasy Football League



## How's it going...

COMMENTARY BY MR OWEN

**Mrs Roberts** has risen from the brink of obscurity to the lofty heights of first place in recent weeks; it has been a monumental rise, and one which deserves serious plaudits. Josko Gvardiol joined her ranks many weeks ago, and hence her fantasy team has reaped all the rewards of the left-back's adventurous, roaming style which often sees him inverted as an inside forward. His marauding antics led to his sublime first goal at Craven Cottage on Saturday, and to his top-notch header to secure an excellent brace for the likely Premier League champions. At Priory, the inaugural FPL champion is likely to be **Mrs Roberts**.



**Jake S (Year 11)** and **Mahir D (Year 11)** have also had highly commendable seasons, and stand a fighting chance of finishing in the overall top five. Indeed, only one of these students can finish inside the top three Priory FPL pupil rankings, and so it'll be interested to see if Jake's Oli Watkins or Mahir's Bruno Guimaraes will do the business between now and the end of the season.

A huge thanks once again to everyone who has participated in the 2024 Priory FPL League. This has been a fun way to interact with teachers, pupils and support staff throughout the academic year; even if we have all been taught a lesson by **Mrs Roberts**!

Still, her meteoric rise has almost been matched all the way by the efforts of **Mr Mo**. He lies 26 points back heading into the final weekend (notwithstanding midweek fixtures), and hence he does have some hopes (albeit dwindling hopes) of a final week miracle. He does, however, face the issue that his squad is very similar to that of Mrs Roberts, so catching this sort of rank rise will be very, very tough. Still, it has been a superb effort all season by **Mr Mo**, and he'll be hoping that his beloved Arsenal can work a last day miracle of their own at the same time.

**Mr Owen** has paid a heavy price for a unique wildcard strategy that has, to put it bluntly, seriously backfired. After a hot start, it has been tough sledding for the English teacher for over ten gameweeks now; even the sight of the FPL logo sends him into an uncontrollable fit of sadness at this point. **Mr Mo**, in his pleasant way, tries to open friendly conversations about FPL on the corridor, but where they were once greeted with smug retorts by a cocky FPL front-runner, they are now greeted with despondent, apathetic grunts by a crestfallen FPL choker. Enough said.

It looks increasingly like the top Priory student will be **Jack Thompson (2023 leaver)**, who lies in fourth place overall, and a healthy 40 points ahead of **Will T (Year 10)**. Crystal Palace talisman Eberiche Eze has been an inspired pick by Jack, as Oliver Glasner has transformed the Croydon Eagles into an entertaining, free-flowing attacking unit within the space of a few weeks.

**J.M.Y.C.**  
Jamea Masjid Youth Club

IN PARTNERSHIP WITH

**tfc**  
we are here

# SPORTS SATURDAYS

SATURDAY, 20 APRIL 2024  
SATURDAY, 27 APRIL 2024  
SATURDAY, 4 MAY 2024  
SATURDAY, 11 MAY 2024  
SATURDAY, 18 MAY 2024  
SATURDAY, 25 MAY 2024  
SATURDAY, 1 JUNE 2024  
SATURDAY, 8 JUNE 2024  
SATURDAY, 22 JUNE 2024  
SATURDAY, 29 JUNE 2024  
SATURDAY, 20 JULY 2024

10:00-11:00 GIRLS 8+ YRS  
11:00 - 12:00 BOYS 8-11 YRS  
12:00-13:00 BOYS 11-16YRS  
ALL WELCOME  
£2 PER SESSION

IN THE SPORTS HALL AT NEWMAN COLLEGE, ST AUGUSTINES BUILDINGS

THE FOXTON CENTRE ARE DELIGHTED TO BE WORKING IN PARTNERSHIP WITH JAMEA MASJID YOUTH CLUB IN THE HEART OF AVENHAM OFFERING WEEKEND ACTIVITIES AND SPORT FOR YOUNG PEOPLE.

WE ARE HAPPY TO WORK WITH LOCAL PARTNERS TO BENEFIT ALL OUR COMMUNITY IN FRENCHWOOD AND AVENHAM. WE HAVE SOME EXCITING PLANS TO DELIVER TOGETHER IN 2024 AND 2025 SO WATCH THIS SPACE

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# Food Tech Pupils Design A Meal For Olympic Athletes



Priory pupils have been planning a healthy and nutritious meal for Team GB and Paralympic GB athletes in a national competition.

Team GB, Aldi and Get Set launched their 'Design a Meal for an Athlete' competition for young people up to age 14.

It's to celebrate the Olympic Games in Paris this summer and pupils had to decide what makes a healthy meal, choose an athlete from the list provided and assess their likes and needs and then design a healthy, balanced and tasty meal for them.

Mrs Lockwood organised the competition in Priory and selected one pupil from each house to put forward to the national competition where pupils could win a family trip to the Olympics and £1000 for the school, amongst other prizes.



She said: "We wanted to get our pupils involved for a number of reasons. The competition was really good timing to raise awareness of the Olympics this summer. We are also always trying to get the pupils invested in a healthy balanced diet, something which is in our curriculum.

"It also gave the pupils a chance to think more about a healthy lifestyle for an athlete and I was blown away by the entries. They were beautifully illustrated, most included nutrients with the athlete in mind and they had to dig deep with their knowledge.

"Their entries have now been sent off to the national competition, to be judged by their athletes."

Akemi, from Hodder, won. She chose boxer Delicious Oria who 'needs lots of protein' and whose favourite foods include 'avocado, chicken and salmon'.

Akemi said: "I selected proteins and carbohydrates as well as his favourite foods for him to perform well. I learnt about the various foods from Mrs Lockwood and by cooking at home – I also enjoyed colouring in the illustration."

Holly, from Ribble, was second and she selected vegetarian Paralympic swimmer Alice Tai who eats 'beans and lentils for protein.'

Holly said: "I selected Alice because she is female and my dad was vegan so I know about the various foods. I wanted to make her meal healthy, balanced and colourful."

Third placed Charlie, from Douglas, also chose Delicious Oria and said: "He needs a lot of protein and is a strong athlete and I gave him variety as well."

Fourth placed Elliot, from Calder, also selected Delicious. He said: "Choosing his meal helped me understand everything taught in class a bit more. I like cooking and I had a lot of ideas."



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# Year 11 Crowned National U16s Football Champion

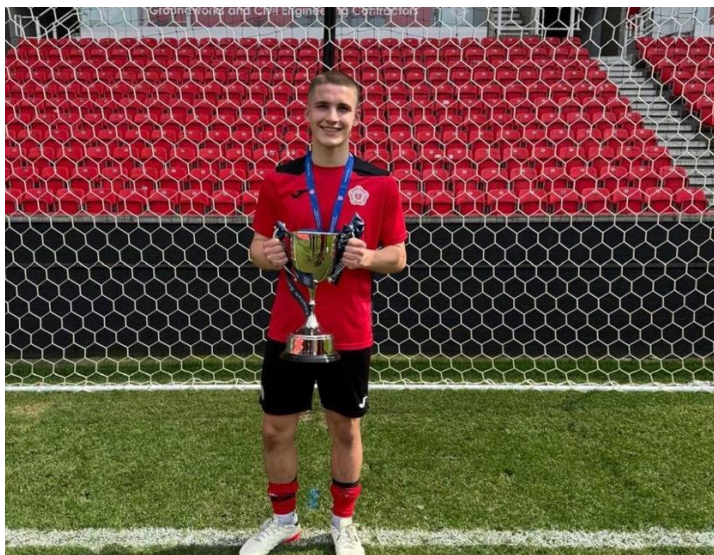


Year 11 pupil Mason said it was an ‘amazing’ experience as his Lancashire Schools Under 16 football team were crowned national champions!

Forward Mason was part of the Lancashire Schools Under 16s football team who faced Sussex Schools in the English Schools Football Association National County Cup final at Stoke City’s BET 365 Stadium last weekend.

“It was a really hot day,” said Mason, who is currently sitting his GCSEs. “It was a great experience though. I had never been to Stoke City’s ground and it’s a proper football ground.

“We went ahead twice but Sussex equalised both times.”



The match was heading for penalties until, two minutes from time, Mason played a fantastic pass to dissect two defenders for the Lancashire winger to cross for the winning goal. The game ended 3-2 for Lancashire to be crowned the best county team in England.

“It was amazing, a nice feeling to be part of a winning team and scoring so late.”

Assistant Principal and PE Teacher, Mr Gee, said: “This is a fantastic achievement for Mason. Since I’ve been at Priory I think we have only had one other boy represent Lancashire at Under 16 level, such is the standard.”

Mason is signed up to non-league side LSG to gain experience of men’s football, although their season has now finished, and will start pre-season at National League side AFC Fylde where he has a scholarship.

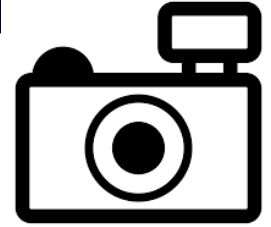
To see the winning goal, click the link below and fast forward to 3:55:30.

[www.youtube.com/watch?v=pk-OYP9rXpQ](http://www.youtube.com/watch?v=pk-OYP9rXpQ)



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# Prospectus Photography



Every three years our professional photographer makes a special trip to Priory to take some very important snaps for the school's prospectus.

A prospectus is a brochure that introduces prospective families to our school and gives readers a flavour of our ethos, values, curriculum and strengths. It plays a key role in showcasing the true essence of Priory.

On Tuesday and Wednesday this week, pupils especially selected by their Head of Year from Year 7, 8 & 9 become the faces of Priory for the next three years.

Communications & Marketing Manager, Mrs Yates, said, "The pupils were amazing; everyone involved looked smart, showed maturity, enthusiasm and above all, were great fun to work with!"

There is a contingency day planned for next Tuesday morning when we will be calling on a very small number of the pupils once again. In the meantime, all our ambassadors have been credited with behaviour points and this will also count towards their Priory+ award.

Almost 700 photos were taken over the two days and will be whittled down to a few dozen - a very difficult task! Here's just a preview...

The brochure will be printed over the summer break in readiness to be distributed to Year 5 and Year 6 feeder school pupils in the Autumn term as they prepare to make their secondary school choices.



## Class of 1983



If you were in 3T between 1982 and 1983, then this was your lesson periods and classrooms. It makes a very puzzling, yet interesting read.

If you want to step back in time with other past pupils and former classmates, then join our Facebook group exclusively for alumni. Go to our main page and click 'visit group'. You will then be asked to confirm the year you left us before we can let you in.

Look out for details of our alumni coffee morning on Friday, 28 June. You're all invited!

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# Year 7 Welcome Lancashire Police To Explore The Dangers of County Lines



On Tuesday this week we welcomed PC Jason Ellwood from South Ribble's Safer Neighbourhoods Team. Jason visits schools in South Ribble to talk to Year 7 pupils about County Lines and how to avoid getting involved.

The County Lines workshop is designed to educate young people about the dangers of being groomed into drug trafficking by criminal gangs. These workshops raised awareness amongst our Year 7s about the risks associated with County Lines - a term describing gangs using young people to transport drugs and money from cities to rural areas.



The workshops cover how gangs operate, target vulnerable youth, and recruit through social media. They also address the consequences of involvement, including violence, exploitation, and criminal convictions.

Miss Smith said, "We are so grateful that Jason was able to come into school to teach our youngsters about potential risks that they may unknowingly get involved in.

"The workshops also contributed to the pupil's understanding of the Fundamental British Value - Rule of Law which is developed over the five years here at Priory. Having spoken to one of our parent teachers, she was happy that her daughter had been given this information so early in her development of independence and found the sessions informative as an adult.

"We are hoping to run further sessions with the Police later in the academic year, focusing on legalities and crimes impacting youngsters in our local area, and involving Year 9 in 'Cells' workshops when the touring group visit us in July".

*Ms Smith  
Lead Practitioner for  
Personal Development*

# Mrs Elliott's Cool Readers Club Meets Reading Plus



Here's what our Cool Readers Club is all about...

These are our reading stars put forward by their English teacher. We interview them about their current book, what they like reading about and what they like to do when they're not reading.

## Introducing Finn and Archie...

Two Year 8s have been discussing Reading Plus, a new application at Priory which has taken over from Accelerated Reader.

Archie has praised 'Reading Plus' which is an online reading development programme.

Archie said: "We have 'Reading Plus' for an hour a week and you do learn new vocabulary.

"It's on a website and you have a choice of a load of books and you do a quiz on what you have read.

"I do not enjoy reading at home but I enjoy Reading Plus as it makes you pay attention.

"My favourite books are sports ones, I like football and support Preston North End. My favourite subject is maths and I would like to be a physiotherapist maybe when I am older."



Finn is also a big fan of 'Reading Plus.'

"There are a really good selection of books so I enjoy it. If you want to read about sharks or sports, there is plenty of choice.

"You read a little bit and then have to answer two questions so you do have to concentrate.

"I like books on super heroes and football and my favourite author is David Walliams as he makes me laugh. I play football for Penwortham St Theresa and I am a season ticket holder at Preston North End.



"My favourite subject is PE and I want to be a bricklayer in the future. I had a bit of a go and loved it!"

Mrs Elliott  
English Teacher and Chief Librarian

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# A Guide To Better Sleep For Teenagers



In this free ebook, the Teen Sleep Hub shares its top tips to help teenagers get good quality, restorative sleep.

But more importantly than that, it also tells us WHY you should do these things, explaining the science behind it all and how it impacts on other areas of wellbeing such as mental health.

With this knowledge and understanding, you will feel more confident in making the right changes to your sleep.

Everyone has issues with their sleep at some point but the trick is to discover why you are struggling and what you can do to improve things.

A copy of the ebook has been emailed to parents today and can also be accessed via the school website at >>

[www.priory.lancs.sch.uk/about-priory/pastoral-care](http://www.priory.lancs.sch.uk/about-priory/pastoral-care)



## Whole School Photo - It Happened At Last!

After having to cancel the whole school photo far too many times due to the weather, we were delighted that it could finally go ahead on Thursday afternoon.

The shoot, which was originally meant to take place last Summer, was arranged to commemorate the school's 70th anniversary.

Whilst the morning's weather was perfect, there were grey skies overhead in the afternoon, and a touch of drizzle started to put a dampener on things. With many fingers and toes crossed, the rain held and at 2pm the whole school began to make their way out onto the school yard.

With over 750 pupils and 100+ staff involved, the entire event took less than 30 minutes once the stands had been erected. All pupils were put in height order in their year groups and led into their positions by the external photography team. Staff followed on the bottom row, with the senior leaders front and centre.

We hope to see a final draft over the next few days and details of how to purchase your copies will be announced.

In the meantime, take a look on the next page for a few preview shots.

Many thanks to Mrs Bullock for organising.

Mrs Bullock  
PE Teacher &  
Head of year 10



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# Year 10 Exam Timetable



The Year 10 end of year assessments will take place after the half term break, under exam conditions. Please note, they are not mock exams as these take place in Year 11.

Year 10 final assessments would ordinarily take place in the classroom however, we feel that the more experience pupils have of exams in the hall, the more prepared they will be when they sit their final GCSEs in Year 11.

Year 10 has a very busy timetable after half term so if your child has a pre-arranged activity in school on the date of an exam, they will sit it during a catch up session on Tuesday, 25 June.

Year 10 Exams	Subject	Time	Periods
Mon 3rd June	French Listening (classroom)	1 Hr 30 mins	1 & 2 In Classroom
Mon 3rd June	Maths Paper 1 and 4	1 Hr 30 mins	4 & 5 (Early Lunch)
Wed 5th June	History	1 Hr 30 mins	4 & 5 (Early Lunch)
Mon 10th June	Business and Enterprise	1 Hr 30 mins	4 & 5 (Early Lunch)
Mon 10th June	Computer Science	1 Hr 30 mins	4 & 5 (Early Lunch)
Mon 10th June	Food Nutrition and Prep	1 Hr 30 mins	4 & 5 (Early Lunch)
Tues 11th June	Maths Paper 2 and 5	1 Hr 30 mins	4 & 5 (Early Lunch)
Wed 12th June	RE Christianity	1 Hr	3
Wed 12th June	Graphics	1 Hr	3
Thurs 13th June	Science Biology	1 Hr 15 / 1 Hr 45	1 & 2
Thurs 13th June	Childcare	1 Hr	3
Thurs 13th June	French Reading	1 Hr	3
Thurs 13th June	French Writing	1 Hr	4
Thurs 20th June	Science Chemistry	1 Hr 15 / 1 Hr 45	1 & 2
Thurs 20th June	GCSE PE	1 Hr	3
Thurs 20th June	NCFE Sport	1 Hr	3
Thurs 20th June	RE Islam	1 Hr	3
Thurs 20th June	Engineering	1 Hr	5
Mon 24th June	Science Physics	1 Hr 15 / 1 Hr 45	1 & 2
Mon 24th June	Geography	1 Hr 30 mins	3 & 4
Tues 25th June	English Lit	2 Hrs 30 mins	1 & 2
Tues 25th June	Catch Up		3, 4 & 5



# Teen Mental Health & Well-being

**Would Your Child Benefit From Attending These Well-being Workshops?**

**June - Be kind to your mind**

**July - Summer wellbeing sessions**

Parents who feel their child would benefit from attending either the June or July workshop should email Mrs Willis, Family Support Manager, at [a.willis@priory.lancs.sch.uk](mailto:a.willis@priory.lancs.sch.uk). Mrs Willis will then confirm places and advise the date of the workshop.

## WELLBEING WORKSHOPS

KS3

(1 HOUR WORKSHOPS FOR GROUPS OF UP TO 10 YOUNG PEOPLE)



APR

**CALM SKILLS** - LEARN SKILLS TO COPE WITH YOUR ANXIETY



MAY

**MARVELLOUS MOOD** - LEARN SKILLS TO IMPROVE YOUR MOOD



JUN

**BE KIND TO YOUR MIND** - SPREADING KINDNESS TO FEEL BETTER AND SUPPORT OTHERS



JUL

**SUMMER WELLBEING** - POSITIVE MENTAL WELLBEING FOR THE HOLIDAYS



If you would like your young person to attend one of the workshops please let the school office know who will pass on to the Senior Mental Health Lead and dates will be confirmed. One workshop per pupil due to limited places.



### Self Harm Parent Workshop

Parent feedback:

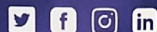
*“ I feel much more comfortable in having a conversation without saying the wrong thing. I feel validated in how I'm dealing with the current situation. ”*

We understand how challenging it can feel for a parent or carer of a child or young person who is self harming. Managing those emotions, understanding why, communicating your concerns and keeping your child or young person safe; can feel overwhelming.

Our parent workshop aims to support YOU.  
It includes:

- destigmatising self harming behaviour
- understanding why a child or young person might self injure
- how to talk about and manage self harming behaviour
- where to go for help and support

To book please contact Mrs Willis at Penwortham Priory Academy [a.willis@priory.lancs.sch.uk](mailto:a.willis@priory.lancs.sch.uk)



### You and Your Young Person Workshop

Includes a Digital Wellbeing Kit:



Resources, activities and worksheets designed to build resilience by managing our thoughts and emotions through reflective practice, communication quick tips, self care and goal setting, for both you and you child or young person.

We understand how challenging it can feel for a parent or carer of a child or young person who is struggling with their mental health. Managing those emotions, understanding warning signs, communicating your concerns and attending to your child or young persons mental health and wellbeing, alongside your own; can feel overwhelming.

Our parent workshop aims to support YOU.

It includes:

- Discussing signs and symptoms of poor mental health.
- Reflective practice and self care.
- Where to go for help and support.
- A wellbeing tool kit for you and your child or young person or a neurodiversity and wellbeing parent and carer kit to work through with your child or young person together following the workshop.

To book please contact Mrs Willis at Penwortham Priory Academy [a.willis@priory.lancs.sch.uk](mailto:a.willis@priory.lancs.sch.uk)



Learn to succeed



**Myerscough**  
College & University Centre  
INSPIRING EXCELLENCE

- ✓ School Leavers
- ✓ Apprenticeships
- ✓ University Degrees

# Course Advice Morning



Ideal for Year 10s, but its not too late for Year 11 applications!

Download our 2024 School Leaver Prospectus

**Saturday 8th June 2024**

CENTRES ACROSS THE NORTH WEST      PRESTON • BLACKBURN  
LIVERPOOL • WARRINGTON

The North West centre for land-based, sport, engineering and science education  
[www.myerscough.ac.uk](http://www.myerscough.ac.uk)

## NATURE & ENVIRONMENT ART COMPETITION

**FREE TO ENTER | AGES 4-18**

The winning entries will be printed and featured in the St Catherine's official 2025 calendar sold across our shops within Central Lancashire and online. All 12 winners will receive a free calendar showcasing their work.

**How to take part:**

1. Create your artwork inspired by nature and the environment, using paintings, drawings, or digital art (artwork will need to be A4 landscape in size)
2. Submit your art digitally via [fundraising@stcatherines.co.uk](mailto:fundraising@stcatherines.co.uk) OR by sending via post or person to: Schools Art Competition, St Catherine's Hospice, Lostock Lane, Lostock Hall, Preston PR5 5XU

**Closing date for entries is 30th June 2024** | On all submissions, please include your name, age, school or college, artwork title, email address and phone number.

Questions? Email [fundraising@stcatherines.co.uk](mailto:fundraising@stcatherines.co.uk)

Funds from the sale of our calendar go towards supporting our specialist care.

Registered Charity Number 62186

**St Catherine's hospice care**

# This week's winner...

## Congratulations to 'Ms W'!

By taking part in our lottery, the pupils here at Priory will benefit directly regardless of who wins as every penny raised goes straight back to our school. Tickets are only £1 and there is a guaranteed cash winner for one of our supporters each week plus the chance to win £25,000 in the national jackpot!

**Play along! It's easy to get your tickets online - only £1 each.**

You can choose to set up a direct debit, a recurring card payment or a one-off payment by card (the minimum term for this is 5 weeks at £5). If you're able to take part, please visit our 'Your School Lottery' page to purchase your tickets >>



[www.yourschoollottery.co.uk/lottery/school/penwortham-priory-academy](http://www.yourschoollottery.co.uk/lottery/school/penwortham-priory-academy)

Next Draw  
Saturday  
18 May



## YOUR SCHOOL LOTTERY

- 1 JOIN OUR LOTTERY
- 2 BOOST SCHOOL FUNDS
- 3 WIN CASH PRIZES

**It's As Easy As**

- Tickets cost just £1 a week
- The easy way to help us raise funds
- Local cash prizes every week
- Chance to win the £25k jackpot

To start supporting, visit:  
[yourschoollottery.co.uk](http://yourschoollottery.co.uk)  
and search for: Penwortham Priory

Supporters must be 16 years of age or older

Learn to succeed