

THE VOICE of Arthur Mellows Village College



Message from Mr Oakley, Head of College

Dear Parent / Carer

As I come to the end of my first half term as Head of College I wanted to take this opportunity to thank you for your support. It was good to start the new academic year operating relatively 'normally' following the previous 18 months and it is encouraging to read articles in this edition of the Voice that reflect the extra-curricular activities that have now resumed. You will be mindful of the situation of late where there has been a rapid rise in Covid infection cases across the City, and indeed nationally, and I would like to acknowledge the support of students, parents/carers and staff for participating in the twice-weekly testing and more recently with the reintroduction of face coverings. As a College we continue with the enhanced cleaning regime and increased ventilation as well as the one-way system which helps with congestion at key points around the College.

You may be aware that the College has introduced a new behaviour strategy as well as dedicating extended registration time on a Monday morning to help students with their 'catch-up' work where necessary. The students have been excellent; well behaved, polite and keen to get back into learning. Like us all, I think they will be ready for a well-earned and well-deserved rest over half term, before we start back afresh in November.



IN THIS EDITION:



Year 11 Prefects

Year 7 Team Building Day



Geography Trip to Wales

Term Dates

Monday 1 November 2021	Term starts
Thursday 4 November 2021	Covid19 Vaccinations for 12 - 15 year olds in school
Wednesday 10 November at 4.00 pm	Sixth Form Virtual Open Evening
Monday 15 - Friday 26 November 2021	Year 11 Mock Examinations
Monday 22 November 2021	Flu Vaccinations in school (Years 7- 11)
Monday 29 November 2021, 4.00 pm - 7.00 pm	Year 8 Virtual Teacher Feedback Meetings
Monday 6 - Friday 17 December 2021	Year 13 Mock Examinations
Wednesday 8 December 2021	Christmas Music Concert (7.00 pm) /Christmas Market
Friday 17 December 2021	Year 11 Collapsed Day in school
Friday 17 December 2021	Term ends
Tuesday 4 January 2022	Term starts

COLLEGE NEWS

TRANSITION TO SIXTH FORM BY BEATRICE PHILLIPS 12ABR



'Unlike in previous years, our transition to Sixth Form has been more challenging, due to Covid we were thrown straight into our lessons, accessing the course information online, missing out on traditional taster lessons. The daunting unknown finally settled in as the summer came to an end and the first week of Sixth Form rolled in.

We knew the leap from GCSE to A Level would present new challenges through the detail of the content; however deep diving into the detail has reinvigorated the passion for subjects. Answering many of the lingering questions from GCSE content and proving the perplexing premises we scratched the surface of, can only get more confusing.

Despite these complexities the student support offered meant every head scratching question was answered, helping us progress in this essential year.

Teachers seem more enthusiastic than ever, willing to guide us through each concept, providing unparalleled communication that resonated more than any other year. Substantially smaller classes are creating a space where discussion is welcome; each student having the opportunity to contribute and feel heard.

As always, work is never limited to the classroom, but with the refreshing reliance on independent learning, we are easily able to prioritise. Given more freedom than ever before, through free periods and silent studies, we find ourselves less constricted by the intensity of a complete timetable. With untouched levels of freedom to organise our work, we find ourselves taking control of our learning, providing a new, much more enjoyable perspective on education, than the dreary structural days of GCSE that often left us exhausted.

From the perspective of a student who has always been at AMVC, who has experienced the relentlessness of a complete day with subjects you could no longer refine, to what you are passionate about, the change has been dramatic. Conceptually three subjects for two years seem like the ultimate monotony, each subject has brought new levels of intrigue with each lesson, as we build on the now basic knowledge of GCSE.

Furthermore, new students have found the benefits of our Sixth Form layout, despite the challenges of navigating the endless corridors, the most notable element of our discussions is the community within the Sixth Form. Feeling swiftly welcomed through staff who are ready to support and answer any questions, and students willing to welcome new people in this exciting new chapter of school.

Alongside the community, many new students shared our sentiments on the exceptional emphasis on students: timetables changed with ease to prioritise our educational wants and decisions, sensible workloads that seem more manageable than ever, and silent studies that provide the opportunity to be at our most productive.

To conclude, though many would have thought from the outset we were disadvantaged through the turbulent few years we have had, we have excelled through the encouragement of Sixth Form teams and teachers alike. Hopefully with this fresh look at what the education system can be, we can continue to strive for brilliance, getting closer to our ultimate goals together.'

By Beatrice Phillips 12ABR

COLLEGE NEWS

SIXTH FORM VIRTUAL OPEN EVENING

Arthur Mellows Village College

**Where will you be in
September 2022?**



**Sixth Form Open Evening
and Online Applications
Virtual Website Launch**



Wednesday 10 November 2021 4.00pm

**Further Details and Virtual Prospectus
Available on the College Website:**

ARTHUR MELLOWS VILLAGE COLLEGE, HELPSTON ROAD,
GLINTON, PETERBOROUGH, PE6 7JX

Tel: 01733 252235

www.arthurmellows.org
office@arthurmellows.org



COLLEGE NEWS

PROFESSIONAL PHOTOGRAPHS

The College is constantly updating our website and as such, we arranged for a new bank of promotional photos to be used in many areas of our publicity.

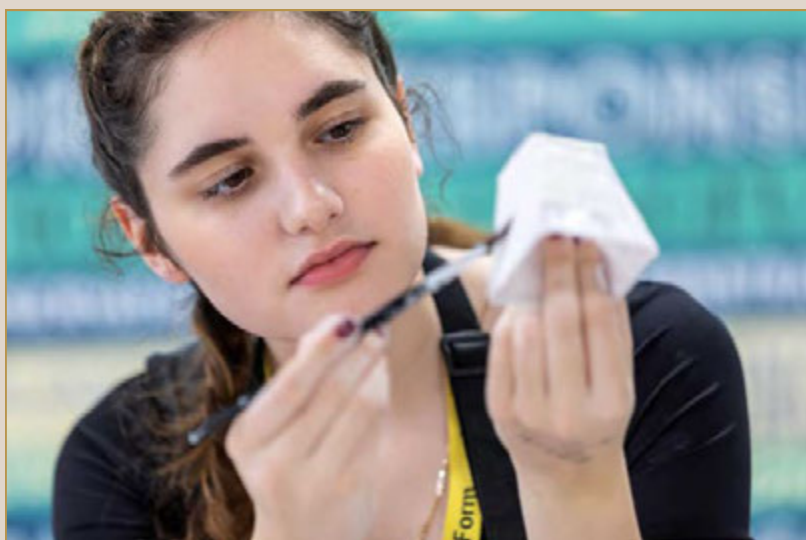
We employed the services of a professional photographer to take photographs of various students at work in the College. This took place on Wednesday 29 September 2021.

Here is a small selection of the photographs which were taken, capturing students in their studies.



COLLEGE NEWS

PROFESSIONAL PHOTOGRAPHS



COLLEGE NEWS

YEAR 11 PREFECTS 2021/2022



The new Year 11 Prefects have been appointed for the Academic Year 2021/2022. The Prefects help our other students to make the College the special place that it is. They wear purple lanyards around the school, so they are visible to the younger students. **Mrs Ward (Head of Year 11)**



ANYA SMITH (11JMA): YEARBOOK PREFECT

'As a Yearbook Prefect, I want to bring forward something special that this year's Year 11 can take with them as they leave Arthur Mellows. I am hoping that the Yearbook will provide a way for students to look back on their years here at Arthur Mellows, to offer nostalgia and a reminder of what opportunities they were given here as they move on into further life. As a prefect, I wish to be a role model to younger students and maybe inspire other students to become a prefect in Year 11 too.'



BELLA KNIGHT (11GEL/LMC): PROM PREFECT

'I applied to be a Prom Prefect because I wanted to help ensure that after the miseries of the pandemic, my friends and peers would have a magical, memorable prom night. Our last full year in school was Year 8 in 2019, so I think that we deserve to celebrate our resilience and effort, as we move up towards our GCSE exams. I've always been a member of the Student Voice and I really enjoy sharing the ideas with teachers and leaders at AMVC. I'm a friendly face for those in any Year Group and I'm always happy to help and support you.'



ALICE CONKEY (11JMA): SPORTS PREFECT

'As a Sports Prefect, I intend to involve the younger Year Groups to encourage them to get more involved with PE, which will lead to them being happier and healthier. I also intend to help plan some sporting events and develop ways to raise money for new equipment that the PE Department needs.'

One of my ideas to encourage students to be more active, is to run sports competitions, where they can hang out with friends and to compete to win mini prizes whilst having fun. When it comes to Sports Day, I have many ideas to remove and replace some activities, for example remove the 800m race, instead we could do a shuttle run. Other ideas would also include some primary school activities that students would have done previously. This idea would hopefully get more people involved with sports, and that show that they are not boring. We could also raise money by hosting a football match between Year 11 and Year 10/Sixth Form students. I would also try to encourage girls to play this match too.

By becoming a prefect, I hope I could reach my aim and encourage everyone to enjoy sports as I do myself.'



ELLA CHIVA (11JMA): LEAVER'S HOODIE PREFECT

'As a Hoodie Prefect, I am hoping that everyone leaves Arthur Mellows with a great reminder of their years at the College. I think that should be respected, even with something as simple as a hoodie.'

Hopefully, I can help make the hoodies this year inclusive and accessible to everyone, as it is something students will take with them out of Arthur Mellows and remember their time there for years to come.'

COLLEGE NEWS

YEAR 11 PREFECTS 2021/2022

KAINN O'HAOLAIN (11JJO): ENVIRONMENT PREFECT

'My name is Kainn O'Haolain and I am an Environment Prefect. I chose to do this role because I care about the environment, and would want to be involved in projects that can make a difference and help to protect the planet.'



NICO RAUCCI (11KPR): LEAVER'S HOODIE PREFECT

'My name is Nico Raucci and I am one of the Year 11 Leaver's Hoodie Prefects. I have chosen to become a prefect because I wanted to become a role model to the other students of the school.'

Also I became a Hoodie Prefect because I am a creative student and I hope to make others remember me for my designs.'



ROHAN HADFIELD (11IER): ENVIRONMENT PREFECT

'The position of Year 11 Prefect is one that I had wanted for a long time and believed would suit me; hence when the opportunity arose, I was eager to take it. I knew that I could bring my skills and passions to this position and so considered the Environment and Community Prefect was the perfect option, and then came my application.'

I believe that the position of Prefect would be a chance for me to bring a positive impact to the school, and something I could add to my CV. I had thought about it for a long time, and was unsure if I would ever get the chance, and as a result as soon as it was revealed this opportunity would be open to the year I was decided and determined to get it. I think it will also improve my teamwork skills and provide a chance to do what I can, with others, as a community, to improve the environment we all live in. It is for this reason I am more than grateful to have been selected for the position and will give it my all.'



FREYA PARNELL (11GEL/LMC): YEARBOOK PREFECT

'I am Freya Parnell and am excited to be taking on a prefect role with a keepsake like the Yearbook, to commemorate our time at AMVC which has been quite unique.'

Being a prefect was, for me, the ideal end to our 5 years at AMVC, collaborating as a team to create memories and supporting the school community in our last year.'



LUCY PEARMAN (11KPR): PROM PREFECT

'My name is Lucy Pearman and I am thrilled to represent our school as one of the Prom Prefects this year. I applied to become a Prefect because I want to not only provide my classmates with an extra special prom, but also help to make a difference within the school community.'

I am excited to help with fundraising activities and ensuring we create a memorable and fun prom to celebrate our achievements after all we have been through for the past two years. I am looking forward to this exciting challenge!'



COLLEGE NEWS

YEAR 7 TEAM BUILDING DAY



'It was a great chance to meet new people'

YEAR 7 TEAM BUILDING DAY BY AJ JUMMUM (7RWW)

'Starting at Arthur Mellows Village College was a new challenge for every Year 7. Being put into Form Groups where we hardly knew anyone, meant that we needed to make friends. So the Year 7 Team Building Day was the perfect opportunity to make new friends.'

The main theme of the day was teamwork. Throughout each fun activity, we had the chance to speak to people we wouldn't usually talk to and learn about different people's strengths and personalities within our group.

'Stepping Stones' required us to use communication and give clear instructions for our team mates to understand. 'Walking Planks' involved us working collaboratively to make the planks move at the same time. 'Runaway' was where we connected tubes to one another, by holding them in place, whilst a golf ball ran through them, we had to come up with a plan, then test it, and finally review it. Various attempts were made and with an open mind and fair contribution, we successfully managed to complete it.

However, my favourite was 'Toxic Waste'. This involved wrapping rope tightly around a 'toxic' filled barrel and lifting it to safely. Strength, strategy and determination were certainly needed for this challenge, as it was definitely not as simple as it sounded. Even the rain didn't get to us.

Overall, this Year 7 Team Building Day was a real ice-breaker. It not only allowed me to make new friends at Arthur Mellows, but also helped me to get to know other kids that I'd never talked to before, as well as understand the value and support of working as a team.'



COLLEGE NEWS

YEAR 7 TEAM BUILDING DAY



'It was a great experience!'

YEAR 7 TEAM BUILDING DAY BY CALLIE CURTIS (7RWW)

'During the Year 7 Team Building Day here at Arthur Mellows, the Year 7 students worked alongside one another to complete a series of team building activities within their Form Groups.

There was a variety of different tasks aimed to improve trust and cooperation. They put their new found friendships to the test by walking together on skis, retrieve a hidden whistle and many more fun activities.

This was a great way to bring everyone together and a fantastic opportunity to make new friends.'

'I had lots of fun!'



COLLEGE NEWS

DUKE OF EDINBURGH AWARD



DUKE OF EDINBURGH SILVER AWARD



DUKE OF EDINBURGH GOLD AWARD

'In September, we took out 28 keen Year 11 students on their Silver Duke of Edinburgh Expedition to the North York Moors for 3 nights and 3 days camping and walking and to improve their outdoor cooking skills.

We knew it would be a difficult expedition as the Year 11's sadly did not get the chance to enrol onto the Bronze Award due to Covid, so they were starting their Duke of Edinburgh journey at the deep end! We travelled up after school on the Wednesday, and there was some interesting attempts to erect tents for the first time on Wednesday evening.

On Thursday morning, each group set off with a member of staff for some micro navigation training. My group did exceptionally well with this. Mr Collins and Mr Pepper said that their groups did really well too. Most came back to camp absolutely shattered, but a few were still raring to go! All cooked their tea, then it was bedtime at 10.00 pm (the staff heard some very interesting conversations going on into the early hours and we checked on them throughout the night!).

The next morning, bright and early, the students were all given a time slot to leave, starting from 7.30 am (no one met their time slot, as they couldn't get out of their warm tents into the cold early morning air!). Most came back very jaded after walking between 7-9 hours, but, 'hey ho' only 1 day to go! Most of the students were asleep on the second night a lot earlier as all the daytime activities were starting to take their toll.

Last day we were up and out by 8.00 am for another 7 hours walking. They were tired when they got to the mini buses. We had people getting 'lost', some tears, some illness, but many of the students battled on well and completed a great expedition with excellent teamwork. Well done all of you!!

Mrs Ward
DofE Instructor Lead



COLLEGE NEWS

GEOGRAPHY TRIP TO WALES



'When we went with my friends to Wales, we made a bunch of unforgettable memories which really gave us a new and unexpected love for Geography, because we immersed ourselves in the practical fieldwork.'

It was our first trip after Covid19, and it was the best trip we have ever had! That's because we got to see reasons why certain landforms form at the coast, as well as having a good time spending all our parents' money at the Cardiff Centre!

The hostel we stayed at was nice and roomy, with great entertainment provided by Mrs Ward, Mr Pepper and Mrs Veale! The food which we received after each day out kept on getting better and better, for one of the nights, our friend ate 10 sausages in one sitting! It was educational with the teachers telling us how to conduct the field research and gather data. Overall, the Wales trip was an amazing trip and I highly recommend every Geographer to go on it and enjoy their time on this fun but educational trip!

By Callum Wilkinson (13SSO) and Taylor Wilson (13GHU)



COLLEGE NEWS

COMBINED CADET FORCE SENIOR EXPEDITION

'On the weekend of 24 September 2021 six of the Senior Cadets took part in a 3 day expedition, involving camping at Sacrewell Farm, and walking up to 6km per day around the local villages such as Castor, Southorpe and Uffington. It involved lots of walking, lots of blisters, but lots of fun, and a lovely way to spend the weekend.

After arriving in Sacrewell, we set up our tents together, racing against the sun to try and get them completed in the light. After we had set up our tents, slightly clumsily, we had the opportunity to go canoeing. Excited, but slightly hesitant because of the cold, we got on the minibus to the lake and got ready; lifejackets, water shoes, and canoes. Once we got on the canoes, everyone realised what a highlight of the weekend this would be. To warm up, we played a game in which we all assigned ourselves a country and had to throw a small ball into each other's canoes. If the ball landed in the canoe, this meant this person was now a part of your country, with the aim of taking over everyone.

After a unanimous victory from Germany, we took the opportunity to relax and paddle around the lake. Chatting and laughing on the water with the sunset as the backdrop was just beautiful, and a lovely and unique experience. We then got out of the water, returned to camp, and enjoyed a BBQ, before multiple card games and eventually falling asleep to prepare for the long day ahead tomorrow.'



'The morning was cold, and slightly wet, but we were hungry. We woke up, got ourselves ready, and cooked our breakfast together outside our tents, either sausage and beans or porridge. Washed up and bags ready, we were given our route, maps, and compasses, and sent on our way. After making it over the A47 in one piece, and with the help of an adult, we set off. The route was circular, about 5-6km, and apparently fairly straight forward.

We set off, reaching the first three checkpoints ahead of schedule and feeling good. Despite getting ever so slightly lost (I'm blaming the route card personally), we found our way quickly and easily. We completed activities at most checkpoints to test our earlier knowledge such as first aid and map skills. We took a slight detour in Castor for drinks and ice cream, before setting back off, and stopping for lunch around halfway, consisting of sandwiches we'd made after breakfast, fruit and snacks.

We carried on after a quick activity about nutrition, stopping again around checkpoint 7/8. We completed the activity and had a couple of squares of Kendal mint cake each, the sugar rush we all desperately needed. We carried on walking, now recognising the route from earlier, stopped for a quick "break" (play on the outside gym) and made it back to camp around 2.30 pm. We took the rest of the day to relax. In the evening, two of the cadets ran the tuck shop, to resounding success, before shutting up shop, and heading back to the tents for some well needed sleep.'

COLLEGE NEWS

COMBINED CADET FORCE SENIOR EXPEDITION

'Waking up on Sunday was slightly less pleasant. Achy, but looking forward to the day, we cooked up our beans and got ready before heading off again on a different route. This one was linear, and we ended up in Stamford. We took the route slightly slower this time, still relaxing and enjoying ourselves, and taking in the view. Some were listening to music, others were having a chat to pass the time. We passed through plenty of fields, seeing sheep, cows, and goats, which were adorable, and again stopped for lunch around halfway through.

We carried on walking, and walking, and walking.....until we reached checkpoint number 8. We checked in, had a quick chat, and continued onto the longest leg of our journey, by far the

worst. There were roots underfoot, minor changes in scenery, and we were tired. After an eternity of perhaps the most boring leg, we were out, and nearing our next checkpoint. We dragged ourselves to the checkpoint, got a picture, and carried on our final leg. Stamford Morrisons and mini bus in sight, we put one foot in front of the other, and pushed through. By this time, Charlie had finished his tub of Nutella, and we were flagging, so the sight of Morrisons was fantastic.

We got back on the transport and headed back to camp. We relaxed, and were very kindly purchased ice cream (big thank you to Mrs Debbage for that one) before chucking everything on transport and heading home. Whilst tiring, I know all of us: Neve, Charlie, Ryan, Millie, Suzanne, and myself, had such an amazing time. It was a beautiful weekend, and a welcome break for all of us from GCSEs/A Levels.

We cannot thank the staff involved enough for putting this together for us, and ensuring we had such a lovely time, it was so much fun.'

By Emily Roberts (13SSO)



CCF Recruit Camp Group Photograph (see pages 18/19)

COLLEGE NEWS

Taliban vs The women of Afghanistan by Diana Omar (12ARH)

'As a young woman starting Sixth Form, the last few month's news has led me to reflect upon the importance of Education. The recent events in Afghanistan led me to write the following article as part of my enrichment; looking at the current situation in Afghanistan, and hopefully bringing further awareness to issues taking place elsewhere in the world.' **Diana Omar**

Who are the Taliban?

The Taliban emerged in the civil war, they vowed to fight corruption and improve security whilst also following a strict form of Islam. By 1998 they had almost taken over all of Afghanistan. However, on 13 April 2021, US president Joe Biden announced that all troops will leave Afghanistan by 11 September 2021. Despite the Taliban being told to leave, on 16 August 2021, the Taliban returned to power, sweeping across Afghanistan taking control of all towns and cities all over the country including Kabul. Now the nation has faced a complete breakdown of public health, security, infrastructure and innocent civilians continue to pay the price.

When the Taliban ruled Afghanistan 20 years ago, women's rights were severely curtailed, women were not allowed to work and were only allowed in the public eye fully covered and had to be accompanied by a male guardian. This still happens now. As well as this, girls were prevented from going to school over the age of 12, they also defend punishments like lashing and stoning adulterers to death. Now in Kabul we see a lot less women outside, this is because many are still too afraid to step outside due to the fear of the Taliban.

How have the Taliban treated women so far? What have they done to them?

Afghanistan: Women beaten for demanding their rights

As time went on, the women of Afghanistan decided to speak up for themselves. The most recent protest was 9 September 2021. Women started the protest, demanding their rights in the streets of Kabul "We want equal rights; we want a woman in government", dozens of females chanted as they marched down the streets. However, as the protest went on through the day, 4-5 vehicles with 10 Taliban fighters in each of them started following them, the women were then stopped, lashed with whips and beaten with batons that emitted electric shocks. As one of the women said "They struck my shoulder twice, I could feel the pain all over my body, they used a lot of bad words and abused us. It's too shameful for me to repeat the names they called us".



Taliban ban Afghan women from playing sport

Another way the Taliban have taken away women's rights, is by stopping them from playing sport, for example, cricket. The Taliban have said that women are not allowed to participate in cricket as "their face and body will not be covered". This was said by Ahmadullah Wasiq (Deputy Head of Taliban's cultural commission). Wasiq also mentioned that it is not necessary for women to be playing cricket, as it is not a 'considered need'. However, the Taliban are still allowing men's cricket to continue and that the tour in Australia was still to carry on. Excluding women from sport is unacceptable, as now the women of Afghanistan will not be able to participate in sports that they enjoy doing and exceed in, the Taliban mentioned that they would "uphold the rights of women" but are now doing the complete opposite.



COLLEGE NEWS

Taliban vs The women of Afghanistan by Diana Omar (12ARH) continued..

The Story of Najya - 12 July 2021

This shocking yet heart-breaking short story is about a mother who faced a deadly attack on 12 July 2021 and was left murdered by the Taliban...

'Najya was a mum to three innocent young sons and a daughter in a small village in Northern Afghanistan called Faryab. One night, Najya and her children were at home spending some family time together, until suddenly they heard an aggressive knock on the door and yelling coming from the outside. Najya then opened the door to see that it was the Taliban.'



Her daughter Manizha knew the Taliban were coming, because for the past three days they had been demanding that Najya cooked food for up to 15 of the Taliban fighters. Najya was unfortunately not very wealthy and struggled regularly with her money. So, she had told the Taliban that she is unable to cook for them "I am poor, how can I cook for you?" hoping that they would understand. However, these cruel Taliban fighters did not understand the mother's struggle and started beating Najya with their AK47 guns until she collapsed onto the floor.

Her vulnerable young kids were left frightened, worried and petrified, begging the fighters to stop torturing their mother. The Taliban then paused for a moment, leaving a sinister silence in the room, before throwing a grenade into the room next door and fleeing as the flames spread. As Najya's home was left crumbling in the flames, daughter Manizha managed to escape, also saving her three young brothers with her. But mother Najya did not make it out alive as she had already passed out from the sickening beating that was done by the Taliban. Najya was a brave, caring and beautiful mother to her four children and didn't deserve the abuse that she had experienced from the Taliban.'



As a young woman myself I feel that it is extremely important to spread awareness about the horrible mistreatment and lack of care for the women of Afghanistan. Women that are my age, young and old, having to live their life in fear is something I can't imagine and find it hard to think about. All they are trying to do, is achieve the feeling of living a normal and fearless life again, without individuals like the Taliban depriving them from their rights like their right to work or to have an education. I truly honour the brave women of Afghanistan going out and using their powerful voices to speak up, standing up for themselves and coming together as one.

Ways that you spread awareness and fight for this change with them can be by doing things like, posting about it on social media, donating however much you can, encouraging others to donate or encouraging discussions on the current situation. Your help is urgently required to help save the lives of these women.
<https://www.gofundme.com/f/bjben-afghanistan-a-call-for-urgent-help?>

By Diana Omar 12ARH



COLLEGE NEWS

'JEANS FOR GENES DAY'



On 16 September 2021, we as a Sixth Form banded together to fight for suffering children within the 21st century. 'Jeans for Genes Day' is a national event that connects countries and organisations together to help fight against the rise in genetically inherited diseases and disorders in children.

It began in New Zealand 1991, Ocean Numan decided to found the CGD Research Trust and Support Group, to help fight against his son's chronic granulomatous disease. The next year, they saw the first instance of 'Jeans for Genes Day', where thousands of schools were mailed, and £50,000 raised. The event grew and by 1998, £2.5 million was raised yearly. Today, it is still run by Gene People UK and has made groundbreaking developments in research and treatment. So, to support this selfless charity and these sorrowful lives, the Sixth Form students at Arthur Mellows woke up on the day, put on their best pair of jeans, and entered the College with their donations and their symbols of support.

Everything is a chance when it comes to the birth of a child; will they inherit blonde hair or tanned skin? Will they have their mother or father's eyes? But in no case should a parent wonder whether their child would inherit an infectious disease that could shorten or damage a child's life.

Cystic fibrosis is a common genetically inherited condition in which a sticky mucus builds up in the lungs and digestive system, causing lung infections and disturbance to digestion. The child is born with just the knowledge that they have this disorder. However, as they grow older, the damage builds up within these systems, like a predator creeping on its prey before it pounces, causing the lungs to stop working. Furthermore, this parasite of a disorder clogs the pancreas forming a barricade, fighting the enzymes needed to digest nutrients properly. This causes malnutrition, meaning the patient must consume almost double the normal human calorie intake.

This high demanding, evil disorder not only snaps someone's life expectancy in half, causing them to not live beyond 40. It also causes breathing difficulties, constipation and risks surgery to new-born babies to prevent bowel obstruction. One in 35 people carry the cystic fibrosis gene. From birth, a child will live with this lingering shadow within their body, forever building within them. Cystic fibrosis is just one of 6000 known genetically transferred diseases, others including Downs syndrome; Thalassaemia; Tay-Sachs disease; Sickle Cell Anemia and many more. This is why these children needed our help, just imagine being cursed for existing.

However, as students of Arthur Mellows, we would never let these children suffer in silence. So, to support these suffering children, all Sixth Form students entered College that day wearing a pair of jeans. We listened to the unheard voices of such hidden lives and shouted their messages aloud. 'Jeans for Genes Day' was not just to raise money like any other charity event, it was to create a community within our Sixth Form. To tell these children, we hear your voice and your struggles, and we will support you.



There are more than 6,000 well known genetic disorders within the world; around 600 are treatable. All kind donations that we raised are not only going to research teams to find a cure, but also the donations are offering support and treatment to those they can help. Paying for medical staff, caring for children bound to their beds or offering children that cannot leave their doorstep the opportunity to go to a support group and meet children in their same situation.

As a school, and with the amazing help of our charity organiser, Beatrice Balaseviciute, we have collected a promotion pack, participated in activities and made incredible donations, collecting an incredible total of £370, which would be sent to the 'Jeans for Genes' charity. This donation would add to a grant made to hospitals and research centres, where such struggling children will be given the support, they need. £350 will pay for a child with a genetic disorder to spend a weekend away with medical support and other children like them.

So, thank you to all the students, teachers and charity organisers that built this community and raised this money that will go on to support and saves lives of such terrified children. This whole day has truly proven that a pair of jeans can change a life.

By Abbie Jackson (12ABR)

COLLEGE NEWS

CURRICULUM EVENTS

YEAR 10 ENTERPRISE EVENING

Year 10 Enterprise students were able to ask questions to local entrepreneurs during an Enterprise Evening in September.

The entrepreneurs from Godsey Coffee, Zest Communication, The Cats Inn and Calmababy shared the vision for their businesses, how they researched their target market and external factors that have influenced their business recently, along with changes they have had to make as a result.



It was a pleasure to watch students interacting with the entrepreneurs and having the confidence to engage and ask. Many thanks go to the entrepreneurs who gave up their time and to the students for their professional approach to learning about the world outside the classroom.

Mrs L Street
Head of Business Studies and Economics

YEAR 8 CONNECTING CLASSROOM PROJECT WITH TUNISIA - IT DEPARTMENT

Year 8 students are continuing to work on their collaborative project with Tunisia. This partnership was arranged by The British Council as part of the 'Connecting Classrooms Programme'.

Separate project groups have now been created to focus on the different UN Global goals we have agreed to collaborate on, goal 3 - good health and goal 13 - climate action.



One team are developing a Tamagotchi type digital pet, using Micro: bits to help promote wellbeing. They are also working on 'getting to know you' slides to give their Tunisian partners an insight into life at Arthur Mellows Village College and England. They have translated these into Arabic before sharing. Their fellow Tunisian students are completing the same task to send back to us.

The other team are researching how climate change is affecting both the United Kingdom and Tunisia, the similarities and the differences. Once they have a better understanding, they will work with their Tunisian partners to decide what action they can each take in their local area to make a difference.

Miss T Mayhead
Teacher of Computer Science

COLLEGE NEWS

COMBINED CADET FORCE RECRUIT CAMP



'On Friday 1 October 2021, 33 new Combined Cadet Force recruits came to school in their new cadet uniform, along with four Senior Cadets, ready to head off for an exciting weekend away at West Tofts Camp in Thetford.

The weekend started with a rush to get out of the gates before the school buses in order to make it to camp in time for a hearty dinner. Shortly after dinner, the cadets got to meet the new recruits who would be joining them for the weekend from Abbey College, Ramsey and Stamford Welland Academy, totalling to 70 cadets in all on camp, before getting settled into their shared accommodation.

The evening wasn't over yet, as the cadets went straight into lessons, learning how to handle the air rifle with the aim of passing their weapon handling tests the following day. The evening finished with the very welcomed NAAFI (tuck shop) before some free time and bed.

Saturday started bright and early with a 6.00 am wake up call. Whilst this was a shock to the system for most cadets, a number of cadets were up at 5.00 am... oh how will they regret the lack of sleep, as the day unfolded. After a full English fry up to start the day, along with a muffin or two, half the cadets headed into the training area for a fun filled morning in the sun, learning camouflage and concealment, how to react to enemy fire, how to move with and without a weapon without being caught and how to use the paintball guns. The cadets clearly enjoyed the activities in the morning sun, even if some definitely needed more practise on how to apply the cam-cream. The other half stayed in camp to learn First Aid and complete their lessons on the air rifle and sit their weapon handling tests.

After lunch, the cadets swapped over and those who stayed on camp in the morning headed to the training area. Unfortunately, the weather had taken a turn for the worse, but with waterproofs at the ready we did not let this stop the training. When the cadets started to moan they were cold, SSI Eardley soon warmed them up making them demonstrate various animal movements up and down the farm. A

personal favourite was the penguin waddle, although I believe SSI Eardley preferred the sea horse.

The evening finished with some more First Aid training and a test on what they had learnt earlier in the day. The seniors did an excellent job taking on the role of the injured parties to make the test as realistic as possible. I was pleased to hear that all of the new recruits had passed their First Aid and air rifle weapon handling test, meaning they were ready for another busy day of activities on Sunday.

After the much-loved NAAFI, the cadets were certainly ready for bed.'



COLLEGE NEWS

COMBINED CADET FORCE RECRUIT CAMP



'The morning of the final day of camp started with packing and cleaning all the rooms before another filling breakfast and everyone heading into the field for a day of activities testing out all the knowledge and skills they had learnt over the weekend.

This included a paintball CGB lane, where the cadets had to run along reacting to the various enemy targets they spotted along the course in the woods. A stalk, where the cadets had to sneak up on one of the training Sergeants without being heard or spotted in the woods, and an air rifle range, where the cadets get to test skills and

accuracy at shooting. With the sun back out, the cadets had a great time testing out all of the activities they had on offer and finished the day on a high, even if not all the cadets appreciated the potato and curry wrap on offer for lunch in the 'horror bags'.

After a mad dash to get off the area and catch the bus home we thought the excitement of the weekend was finished. Little did we know that whilst everyone was appreciating having a good phone signal again and catching up on all the missed messages, our coach was hit by a large branch, which smashed the windscreen. The driver heroically managed to stop the coach safely and despite the front rows being covered in glass no one was injured. Just when we thought we were going to have to wait on the bus for a hour and a half for a replacement coach, a military soldier who had been working at West Tofts offered us his farm paddock, next to where the accident had happened, to relax in, and most importantly for some, the use of his toilet. His farm animals helped provide everyone some nice company for the wait.

Whilst the way home did not go according to plan, the weekend was extremely successful and showed the cadets exactly what the cadet force has to offer. Working with Abbey College, Ramsey and Stamford Welland Academy had been a big success and we look forward to working with their cadet forces on more camps in the future. However, the camp would not have gone as smoothly as it had without the help of our Senior Cadets who took charge of the new recruits. Their leadership skills clearly stood out and to recognise their achievement in the cadets, we have been pleased to promote Neve Malcolm and Suzanne Fewtrell to Sergeants, and Emily Roberts and Milly Stainton-Roberts to Corporals.

Should you be interested in trying out cadets, come along on a Tuesday after school, we meet just outside Refectory 2, or come and speak to Mrs Debbage in S8.'

Mrs D Debbage
Contingent Commander of AMVC CCF



COLLEGE NEWS

TEACH EAST TEACHER TRAINING



Teach East SCITT

Update from the world of Teacher Training

This is a busy time of year for those involved in Initial Teacher Education (ITE); not only are we ensuring that our current cohort of trainees are settled in their new placement schools and making good progress, but we are also starting to recruit for our next cohort of trainees who will begin the course in September 2022 – it is odd to be working in the past, present and future at the same time.

We believe in training and supporting our mentors as much as our trainees to ensure that everyone understands how to maximise their potential; good quality classroom practice is so important and this needs to be accompanied by good quality coaching and feedback.

We were privileged to welcome Bradley Busch from InnerDrive (see above photograph) – a nationally respected research organisation, to talk to our staff and mentors about the principles of cognition and the science behind learning: this was a great evening and a really powerful learning experience.

We are looking forward to working with trainees and partner schools, and providing opportunities for development throughout the year!

Mr H Sauntson and the Teach East Team
(Director Teach East/Assistant Headteacher)

STUDENT ACHIEVEMENTS

In previous issues of The Voice, we have celebrated student achievements outside of College.

If your child has achieved an individual or team goal outside of the College, please send in a short paragraph outlining their achievements; these do not necessarily need to be sport related.

Please also include a relevant photograph, providing your consent for the photograph to be published. Please send your items to office@arthurmellows.org

COLLEGE NEWS

LIBRARY NEWS

‘FANFICTION’ SHORT STORY COMPETITION

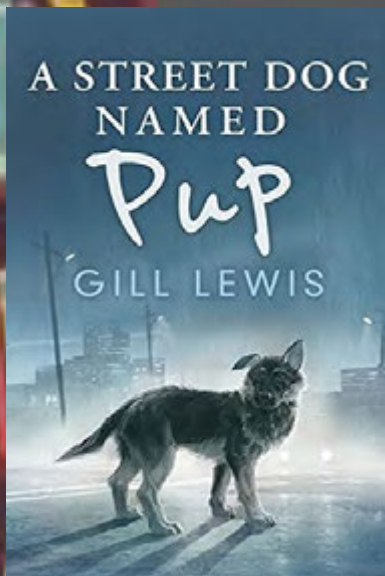
In the summer term, the Library ran a “fanfiction” short story writing competition for Years 7 and 8. “Fanfiction” is a short story based on a student’s favourite book/film/character/television programme/computer game. Students can take a story or a character and turn it into their own work.

We had lots of entries ,but first prize (last academic year) in Year 7 went to Stefano Ambrosio and in Year 8 to Sophie Austin. They both won £50 of Amazon vouchers, books, chocolate and stationery.

Watch out for more competitions coming to the Library soon.



READING RECOMMENDATIONS FOR KEY STAGE 3 STUDENTS



COLLEGE NEWS

ART/TEXTILES NEWS

Year 7 portraits were created during the Covid 19 restriction time, so most students have not only painted a self portrait 'In the style of an Artist', but they have also carried their style through to the mask they are wearing. The results are fantastic and each one is so individual and creative....The artist style has been captured brilliantly!!!



Freya Chiva



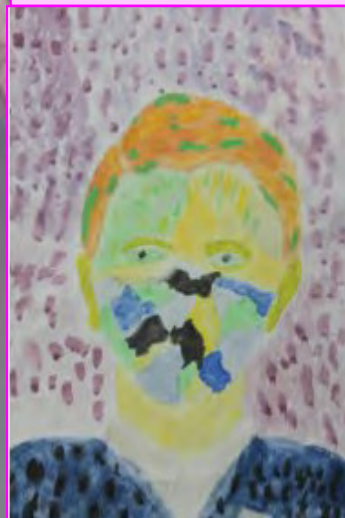
Gracie Parkinson



Phoebe Bowman



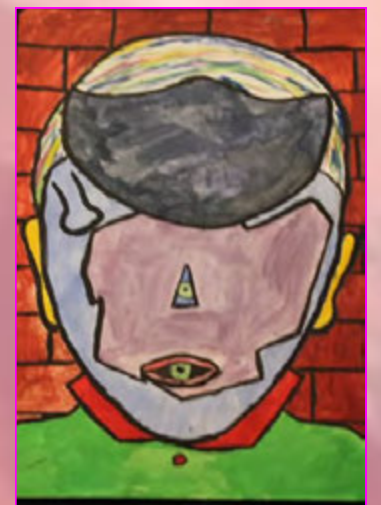
Harry Coggan



Mackenzie Peacock



Alfie Garford



COLLEGE NEWS

ART/TEXTILES NEWS



CREATIVE ART AFTER SCHOOL CLUB

The Creative Art After School Club has grown since we first started meeting in September. Students have already learned some amazing practical skills and each week we see excited, enthusiastic and eager students .

We started with learning the process of tie-dyeing. Students upcycled laundry bags and chose a style of tie-dye to create a pattern, putting colour onto their chosen bags. Bright coloured inks were used and various beads, buttons and elastic bands were used to resist the ink colour, creating an interesting pattern..... The photographs show the process... watch out for our next stage where we continue with our eco awareness and upcycle again, creating decorative bunting.

Mrs L Mitchell
Art Department



COLLEGE NEWS

E SAFETY

How to Set up PARENTAL CONTROLS for APPS Android Phone

On Android phones, restricting access to particular apps usually requires going onto Google Play. From there, it's fairly easy to navigate your way through the settings to manage the parental controls and authorisations relating to any apps on the device. These features can prevent your child from downloading or buying anything unsuitable for their age. Updated versions of apps or games that your child has already installed may occasionally contain something inappropriate, so we've explained how to stop those, too.

How to Block App Downloads (This Also Disables In-app Purchases)

1. Open Google Play Store
2. Tap the profile icon in the top right
3. Tap Settings
4. Scroll down to the Family section and tap Parental controls
5. Toggle Parental controls on
6. Create a PIN and tap OK
7. Confirm your PIN and tap OK again
8. Tap Apps & Games
9. Set the age limit you wish to set
10. Tap Done to apply your changes

How to Stop Auto-updates

1. Open Google Play Store
2. Tap the profile icon in the top right
3. Tap Settings
4. Tap Auto-update apps
5. Select Don't auto-update apps

Restricting Apps Through Google Family Link

1. Open Google Play Family Link for parents
2. Tap the three horizontal lines in the top left
3. Select your child's account
4. Tap Manage
5. Tap Controls on Google Play
6. Tap Apps & Games
7. Select the age limit you wish to set

NOS National Online Safety
www.nationalonlinesafety.com

How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available. Mail, iMessage and Safari for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.

How to Restrict Built-in Apps/Features

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Allowed Apps (you may need to toggle this to 'on' at the top)
5. Enable or disable the apps you wish to appear (or disappear) on your child's device

How to Restrict Game Centre

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Content Restrictions (you may need to toggle this to 'on' at the top)
5. Scroll down to Game Centre
6. Choose between Allow, Don't Allow, or Allow with Friends

How to Restrict iTunes & App Store Purchases

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap iTunes & App Store Purchases
5. Select Allow or Don't Allow for each feature (you can also lock these settings with a password)

NOS National Online Safety
www.nationalonlinesafety.com

What Parents Need to Know about POKÉMON GO

Pokémon GO has been among the world's most popular mobile games since its spectacular release in 2016. It's a mobile game that encourages players to explore their surroundings and catch virtual creatures called Pokémon. The game is played on a smartphone or tablet, and players can interact with other players in the game.

ENVIRONMENTAL HAZARDS

Pokémon GO encourages players to explore their surroundings, which can be dangerous if they are not aware of their environment. Parents should ensure their child is aware of their surroundings and is not in any danger when playing the game.

STRANGERS & MEETING OFFLINE

Players often interact with other players in the game, which can lead to them meeting offline. Parents should ensure their child is aware of the risks of meeting strangers offline and is not in any danger when doing so.

DATA COLLECTION

Pokémon GO collects a lot of data from players, including their location, movement, and other information. Parents should ensure their child is aware of this and is not in any danger when playing the game.

IN-GAME PURCHASES

Players can purchase virtual items in the game, which can be expensive. Parents should ensure their child is aware of the risks of in-game purchases and is not in any danger when doing so.

ADVICE FOR PARENTS & CARERS

Parents should ensure their child is aware of the risks of playing Pokémon GO and is not in any danger when doing so. They should also ensure their child is aware of the risks of meeting strangers offline and is not in any danger when doing so.

NOS National Online Safety
www.nationalonlinesafety.com

What parents need to know about SCREEN ADDICTION

It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47% of parents

and they thought their children spent too much time in front of screens

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children who are spending too much time on their devices may be developing an addiction to their devices. This is a recognised health condition and can have serious consequences for their mental and physical health.

IT CAN CAUSE SLEEP DEPRIVATION

Spending too much time on devices can lead to sleep deprivation, which can have serious consequences for a child's health and well-being.

CONFIDENCE, SUPPORT & ACCEPTANCE

Children who are addicted to their devices may lack confidence, support, and acceptance from their family and friends. This can have serious consequences for their mental and physical health.

LOSING INTEREST IN OTHER THINGS

Children who are addicted to their devices may lose interest in other things, such as school, hobbies, and friends. This can have serious consequences for their mental and physical health.

APPS CAN BE ADDICTIVE

Many apps are designed to be addictive, which can lead to children spending too much time on their devices. Parents should ensure their child is aware of this and is not in any danger when playing the game.

Top Tips for Parents

- LIMIT SCREEN TIME**: Set a limit on how much time your child can spend on their devices each day.
- LESS TIME MEANS LESS EXPOSURE**: Reducing screen time can help reduce exposure to harmful content.
- MOBILE-FREE MEAL TIMES**: Encourage your child to eat without their device.
- REMOVE DEVICES FROM THEIR BEDROOM**: Encourage your child to sleep without their device.
- ENCOURAGE ALTERNATIVE ACTIVITIES**: Encourage your child to engage in activities that do not involve screens.
- LEAD BY EXAMPLE**: Model healthy screen use for your child.

NOS National Online Safety
www.nationalonlinesafety.com

COLLEGE NEWS

SPORTS NEWS

PRIMARY SOKE ATHLETICS

This event took place as a class event in September. The following schools took part: Gunthorpe, John Clare, Northborough, Welbourne and Wittering.

All the Year 6 classes had a morning running, jumping and throwing as part of a whole school team. Year 13 Sports Leaders helped ensure the event was a success, by measuring jumps and throws as well as demonstrating races and judging places on the finish line.

Results were: 1st place - John Clare, 2nd place - Northborough and 3rd place - Welbourne.

Mrs D Wilding

NETBALL

Netball is back! And the Year 9 and 10's have hit it off straight away!

The girls have loved coming back to training every Tuesday and have missed the thrill of competing against other schools. Over this Half Term, we have learnt how to be a team again and developed our game play, which has helped us in many fixtures and competitions so far. We have played against many Peterborough schools, including The Peterborough School, The King's School, Sir Harry Smith to name a few! And both teams have competed in The Peterborough School's Netball Tournament hosted here at AMVC. Both teams did incredibly well, with Year 9s coming 3rd and Year 10s coming 2nd.



Squad:

Eva Fowler,
Ella Gerrard,
Lucy Munday,
Poppy Murray,
Millie Butcher,
Olivia Ryan,
Diana Kiseru,
Caitlin Walls,
Lola Fletcher,
Libby Attwood



Squad:

Millie Bateman,
Maisy Halstead,
Bella Lord,
Lauren Foreman,
Macy Braband,
Lily Freeman,
Emma-Rose
Finding,
Tilly Thrall,
Mylea Burchett

"After over a year of restrictions and lockdowns, it has been very refreshing to be able to compete as a team once again. Though we have had our fair share of challenging opponents, it is great to see how our dynamics, as a group, have helped us consecutively prevail overall. Out of the nine games we have played this half term, so far we have only two losses on our backs, however the girls of the team have always played resiliently from start to finish."

A highlight of our accomplishments would be playing admirably in a tournament against various schools across the city and placing second after just falling short against The Peterborough School in a close and demanding final. Taking into consideration how long we've been away, these past few weeks have been evidence of not only the talent we have among us, but also the amazing environment we create as a team. With only a couple of matches left, we hope to carry forward the precision and sportsmanship that has enabled us to be at our very best while representing our school." **By Diana Kiseru (10VCH)**

"After a long time stuck in isolation we are back, and so is our netball team. Since we've been back we have improved by so much and come together as a team. We have had the chance to play nine matches and a tournament and have come third in the competition with only losing one game. Since not playing for so long, it showed how far we have come over the last few weeks and all the hard work we have put into our training since September. All of our team members, have done extremely well to make all this process in such a short amount of time." **By Lauren Foreman (9MCI)**

Miss J Martin

COLLEGE NEWS

SPORTS NEWS

NETBALL

Our Year 11 girls have made a great start back after such a long break from netball. Students have all been working hard on court and have clearly enjoyed getting back to playing fixtures against other schools.

With many of our games, we started a little nervous, but soon settled into the game. The girls have been working on their movements particularly around the circle, while focusing on good feeds into our shooters. We always seem to pick up interceptions around court with great team defence.

Congratulations to our players of the match which have been awarded to Tamelia Foster in the last game against King's as well as Bella Knight and Amelia Millen previously! Keep up the good work ladies!!

Squad: Amelia Millen, Jessica Puk, Amelie Foreman, Siena Martignetti, Amy Privett, Bella Knight, Tamelia Foster, Ella Freeman, Maddie Whyman, Georgia O'Connell



We have had a great start to the season with our Senior (Sixth Form) team - picking up a few great students from Year 12 adding to our talented Year 13's.

The girls started the season by winning the Peterborough Schools Netball Tournament in September. We have been really impressed with so many girls wanting to get involved and represent AMVC against some really strong oppositions. We have some excellent play up and down the court, especially picking up some interceptions throughout the court. Our shooting has been very consistent and strong along with some excellent defending. Our players of the match have included: Lily McDonald, Amy Greenwood, Harriet Salisbury and Courtney Christian.

Squad: Amy Greenwood, Lilly McDonald, Courtney Christian, Olivia Child, Nathania Barimah, Harriet Salisbury, Jasmine Murray, Holly Crosby, Millie Ryan, Evangeline Dunkley-Lock, Neave Warcup, Seetal Kaur

Fixture Results

Year 9	Year 10	Year 11	Senior
Peterborough Schools Tournament 3rd	Peterborough Schools Tournament 2nd	Peterborough Schools Tournament 5th	Peterborough Schools Tournament 1st
Won 21-1 vs Hampton Gardens	Won 18-8 vs Hampton Gardens	Lost 15-16 vs Hampton College	Won 24-10 vs Sir Harry Smith
Won 28-5 vs Sir Harry Smith	Won 9-2 vs Sir Harry Smith		Lost 13-2 vs Kings (A)
			Won 16-9 vs Kings (B)
Won 9-2 vs The Peterborough School	Lost 12 -4 vs The Peterborough School	Lost 17-7 to The Peterborough School	Lost 11-10 vs The Peterborough School

Miss J Martin

COLLEGE NEWS

SPORTS NEWS

YEAR 6 PRIMARY BASKETBALL

Over 300 Year 6 students were welcomed to AMVC over two days - Wednesday 13 and Thursday 14 October 2021. Higher Sports Leaders from Year 12 and 13 ensured the success of both days. Despite increased Covid restrictions, we were able to run this event, as it took place on the outside basketball and netball courts.

Leaders planned, ran and evaluated sessions for the Year 6's which included a warm up and various skills practices including dribbling, passing and shooting, before organising the schools into games.

Schools attending were William Law, Gunthorpe, Welbourne, Norwood, Newborough, Barnack, John Clare and Duke of Bedford. The young students had a great time. They loved the small leader-pupil ratio of 1:8 and learnt many new skills and techniques, and enjoyed using their skills in a game situation. Well done to all the leaders and all Year 6's who took part.



SOKE CROSS COUNTRY

This Half Term saw the return of SOKE and MAT schools Primary Cross Country. This year's event took part as a team's event, with the first four runners across the line counting towards an overall team score.

This was a well attended event with 10 schools turning out teams and around 300 participants. A special mention to Barnack, Castor, John Clare, Wittering and Northborough who all scored some points in the year group team races. This was also a great event for our new cohort of Higher Sports Leaders to demonstrate their skills, assuming the roles as coaches, hares, scorers and martials. The event was well received by all.

The Year 5 boys race was even won after a participant's shoe fell off at the start, so he completed the race with just one trainer on, but still secured victory for his school. The overall final standings were 1st place - John Clare, 2nd place - Eye and 3rd place - Northborough. Well done to all who took part.

Mr J Moffat



Lola Fletcher (10VCH) took gold in the under 15 girls Cross Country race at Ampthill and Dylan Tomaselli (13SCR) took on the Senior men's 10km trail race, again taking gold.

Great achievements by both!





TERM DATES 2021/2022

Ends	Friday 17 December
SPRING TERM 2022	
Opens	Tuesday 4 January
Half Term	Monday 14 February to Friday 18 February
Ends	Friday 1 April
SUMMER TERM 2022	
Training Day 4	Tuesday 19 April
Opens	Wednesday 20 April
May Day	Monday 2 May
Half Term	Monday 30 May to Friday 3 June
Ends	Thursday 21 July

Have you made any changes to your contact information that we currently hold for you?

Please keep the College informed of any changes to your address, telephone numbers or email addresses. This is particularly important so that we can contact parents/carers in the event of an emergency or First Aid issue.

Please email office@arthurmellows.org with any new information or telephone Main Reception (01733) 252235.



**CONTACT
INFORMATION**

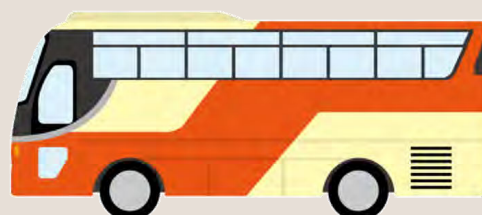
LATE BUSES RUN ON TUESDAYS AND THURSDAYS

TUESDAY ROUTE

Newborough, Eye Village, Eye Green, Thorney

THURSDAY ROUTE

Wittering, Ailsworth, Castor



**STUDENTS SHOULD BOOK THEIR SEAT AT STUDENT RECEPTION ON THE DAY,
BEFORE 1.30 PM**