



February 2020

THE VOICE of Arthur Mellows Village College

Issue 68

Message from the Head of College



Welcome to this half term edition of the Voice which celebrates everything that is good about Arthur Mellows.

Our external examination period is looming and students are working very hard and taking advantage of all the additional teacher support available. Year 11 students in particular only have 12 weeks to go..... please look out for the weekly emails with details of all the support available to them. There is also a Year 11 revision evening planned for parents and more details of this including the date will be sent out after half term.

We have our annual ski trip taking place over half term and their antics on the ski slopes of Austria will be reported on in the next edition. We wish them a safe and happy trip and hope they bring back some incredible memories of a good time.

I wish everyone a restful and safe half term break.

M Sandeman, Head of College



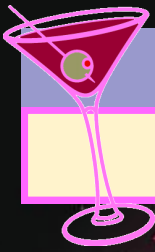
View some of our latest photographs within this edition of The Voice and on our website: www.arthurmellows.org

KEY DATES

Term commences	Monday 24 February 2020
Year 12 Geography Field Trip to Wales	Wednesday 4 - Saturday 7 March 2020
Year 11/Year 13 Tempest: Group and Individual Photographs	Friday 13 March 2020
Year 9 Boys/Girls Meningitis Vaccinations	Tuesday 17 March 2020
Year 9 History Battlefields Trip	Thursday 19 - Sunday 22 March 2020
Year 8 Collapsed Day	Friday 27 March 2020
Year 10 Parents' Evening	Monday 30 March 2020
Term ends	Friday 3 April 2020
Staff Training Day (College closed for students)	Monday 20 April 2020
Term commences	Tuesday 21 April 2020

www.arthurmellows.org

Delivering Learning for Life within an Aspirational Culture



COLLEGE NEWS

BOUNCERS AND SHAKERS



This year, we couldn't possibly do just one play, we had to do two; *Bouncers AND Shakers*!

We took a journey back to the 1980's, to Shakers Cocktail Bar, the hip place to be! Nicky, Adele, Carol and Mel (four waitresses, each with their struggles) invited the audience to take a glimpse into the life in the bar; meet the customers, from girls on a night out, lads on the pull and everything in-between. After the interval, we then headed down to Mr Cinders, the bumping 80's nightclub where Lucky Eric, Judd, Les and Ralph invited us to meet a host of characters that come out to party on a Saturday night. From giggly girls, a smooth talking DJ and a group of likely lads they are all under the watchful eye of the Bouncers.

The eight cast members in total (across the two plays) played a variety of different characters in a cocktail bar and night club in the 1980's, mocking the hilarious stereotypical behaviours one might have come across and created the set and props using skilful mime.

The eight students involved from Years 11, 12 and 13 auditioned against twenty eight others to secure their roles back in October and rehearsed from then twice a week to prepare. They were: Lauren Shaw (13RDA), Amelia Glendinning (12KCL/JSR), Megan Spridgeon (13RDA), Scarlett Hart (12KCL/JSR), Joshua Snowden (12KCL/JSR), Alex Pun (12KCL/JSR), Ash Burgess (12KCL/JSR) and Jack McCulloch (11TNE).

Their commitment, energy and talent was incredible throughout and they even organised extra rehearsals independently to really polish the quick pace and choreographed movements, all essential for the comedy of the piece.



COLLEGE NEWS

BOUNCERS AND SHAKERS



On both nights of the production, the audience laughed at some of the rather rude comedic moments and sat silently still during the more sensitive monologues. The cast showed amazing skill in changing between exaggerated archetypes and detailed naturalistic characters, when talking of their personal struggles. Some of the lovely comments from the audience included:

‘Your posh old men in the bar were fabulous too. Also the walk home in the dark. Brilliant!’

‘Boys, your opening scene in the hairdressers and barbers set you up for total hilarity from start to finish’

‘My guests assumed you study Drama full time at school. I had to explain that actually you study entirely different subjects all day.’

‘...very talented students...stars in the making!’

‘What an amazing show.’

Such memorable moments included the ladies lying down in the changing rooms, in an attempt to squeeze into jeans, mocking the ‘bragging types’ who name-drop, crying over a boyfriend who they’d been with for ‘two days’, ‘lads’ getting ready for a night out, and of course the Swedish video...I say no more!

Every year we doubt that we will top the previous year, however, every year the talent continues to blow me away. To say that I am proud of every single student involved is an understatement. The technical aspects would not have been possible without our Head Boy, Lewis Mote, who operated the rather difficult sound system; a role ordinarily taken on by a member of staff.

A special thank you to all the staff involved in making the production run smoothly, the cast and crew and of course, the friends and family who supported.

The photographs are available to view on the Galleries section of the College website.

Mrs K Clennett



COLLEGE NEWS

GENERAL INFORMATION

LATE BUSES

In addition to the late buses which are currently available on a Tuesday at 4.30 pm, we have arranged for some additional late buses to leave at 4.30 pm on a **Thursday** after school.

This service will be available for students from **Thursday 27 February 2020** until **Thursday 21 May 2020**.

This has been arranged so that students can attend one or more of the many After School Clubs or Revision Sessions available to them.

The late bus sign up forms are available at Student Reception.

Year 11

Can sign up for the late buses from morning registration.

All other Year Groups

Can sign up for the late buses at break time.



ATTENDANCE



To celebrate the fantastic attendance of our 100 Club Members, they were all invited to breakfast, served by Mrs Sludds and Mrs Woodroffe.

The current membership is 64 students – these amazing young people have not had a day off school since **September 2018**! They enjoyed croissants/ brioche/fruit and hot chocolate topped with cream, marshmallows, chocolate chips and sprinkles.



We also had a prize draw and the lucky winners were, Jack Tadman (8GHU), Amelia Wilde (10SDW), Joe Price (11LKL/LMI) and Olivia Walker (9DDE/SYA).

Our Golden Tickets Attendance initiative which offers rewards for positive attendance termly is in full flow, this initiative has recently seen the following students win: Reece Akehurst (7HSN) and Beatrice Conroy (9IER), won a coffee morning in Mrs Sludds' office for themselves and five friends and Sam Fielding (10HMA) won a sub lunch from the Post 16 Refectory for himself and a friend.

CHRISTMAS SHOEBOX APPEAL FOR THE ELDERLY

We received a message from Sarah Scott, Compliance and Adherence Manager at Whirlpool:

'Thank you for your help with the Christmas Shoebox appeal, it was a massive success.

Three hundred and seventy nine shoeboxes were distributed across eight local sheltered accommodations and some were sent to the hospital too.

We would love for your College to be involved next year too.'



COLLEGE NEWS

YEAR 11 COLLAPSED DAY



The Lily-Jo Project



The Lily-Jo Project



Self Defence Lessons

On Friday 13 December 2019 our Year 11 students took part in a Health and Wellbeing Day.

Professionals across a range of sectors came in to deliver sessions, ranging from the iCASH Sexual Health Service where an iCASH nurse advised and discussed contraception, consent and sexual dilemmas; Aspire Drugs and Alcohol Advisory Service, led by Kate Parkin, who gave facts, advice and support regarding drugs and alcohol; The Lily-Jo Project supporting Mental Health featuring Lily-Jo, a singer and songwriter, who is a qualified counsellor educating young people on the importance of mental health; Self-Defence sessions, teaching the students how to defend themselves in an awkward situation; Yoga sessions led by Mrs Ward, outlining the benefits of yoga, which helps reduce stress, treat anxiety, build muscle strength and flexibility and finally First Aid, led by Mr Hunter, who taught the students basic First Aid and life-saving skills.

Students were a credit to the school and represented the College to an outstanding level. It was clear to see they thoroughly enjoyed the day and took a lot from the sessions.

The impact of these sessions may not be immediate, but will most definitely impact in the coming days, weeks months or years ahead, beyond GCSE.

Mrs Z Young
PSHE Co-ordinator



COLLEGE NEWS

FRIENDS OF CHERNOBYL'S CHILDREN

The Tasman, Golden Drop, Helpston, PETERBOROUGH PE6 7DW
01733 252118 / 07779 264591 / focc_helpston@msn.com

Friends of Chernobyl's Children (Helpston & District)

Registered Charity number: 1122824

thanks Arthur Mellows Village College for sponsoring

Gleb

Earlier this summer, some pale faced children arrived, many very thin and grey and tired looking, but a few weeks later they were almost unrecognisable! Pinker and healthier, full of smiles and laughter, confidence blossoming. Thank you so much for making this possible for Gleb. We had a mixture of weather, but rain NEVER stopped play. Ice cream and swimming were some of their favourite activities. Days at the beach, visits to castles, to schools, to Activity World, to Fineshade Woods were just some of our outings.



making of pizza! Thank you very much for sponsoring Gleb!

It was Gleb's last visit with the Charity, his visits have made such a difference both to his health and to his confidence. I really would like to thank



Gleb stayed with The Longden Family who have written this report for you:

'Gleb arrived full of smiles and was really pleased to greet our family. He has slotted in so well and got on very well with our children. He has enjoyed times with our cousins and playing cricket. Gleb loved the residential at the beach and his visit to Colchester Castle. Gleb is keen on arts and crafts and particularly enjoyed his day at Arthur Mellows, the highlight being the



making of pizza! Thank you very much for sponsoring Gleb! Gleb returned home with a hug bag of warm clothing, vitamins, toys, toothpaste and toothbrushes, vegetable seeds and many other useful gifts. When we first met Gleb he was grey and pale and now he looks like a different boy. Thank you so much!

Cecilia Hammond

Striving to improve the health and self-esteem of Chernobyl's Children
www.focc-helpston.com

COLLEGE NEWS

EVA CLARKE, BEM - A HOLOCAUST SURVIVOR

This week, Eva Clarke (BEM) visited our Year 9 students presenting the history of her early life as a Holocaust survivor.

In this edition of The Voice, we outline her background and will publish the Year 9 student write-ups in our April edition:

Eva was born in the Mauthausen concentration camp in Austria on 29 April 1945. She and her mother are the only survivors of their family.

In 1933, when Hitler came to power, Eva's father Bernd Nathan left Hamburg for Prague, where he eventually met her mother, Anka Kauderova. They married on 15 May 1940. The couple were sent to Terezin and were to remain there for three years. During this time, and despite the sexes being segregated, Anka became pregnant with a son, Dan. The Nazis discovered this fact and forced Eva's mother to sign a document in order to hand the baby over to be murdered after it's birth.

However, Dan died of pneumonia at the age of two months old. Eva's mother subsequently arrived in Auschwitz-Birkenau without a physical baby (she would have been sent to the gas chambers if she had arrived with him). However, she was pregnant again with Eva.

Eva's mother was not aware she was pregnant again at this stage and followed her husband to the camp, but was never to see him again. She was forced to work for the next six months, but she was becoming visibly weaker and her pregnancy was starting to show. By the spring of 1945, the Germans were retreating and evacuating concentration and slave labour camps.

Eva's mother was then forced onto a coal train with no food and scarcely any water for three weeks, as the Nazis did not know what to do with them. The train eventually arrived at the Mauthausen concentration camp. Eva was born on a cart, in the open, without any assistance, medical or any other kind. By this stage, Anka weighed about 5 stone. Eva was born weighing about 3 lbs. If the camp's gas chambers hadn't been blown up on 28 April 1945 and the American's had not have arrived at Mauthausen just days after Eva's birth, neither mother or child would have survived.

Eva and her mother returned to Prague, where Anka married Eva's stepfather in February 1948. In the same year, they emigrated to Britain and settled in Cardiff. Eva married an academic lawyer in 1968, has two sons and has been living in Cambridge ever since.

Her story has inspired our Year 9 students, who will be writing their observations of Eva's visit in our next edition.



COLLEGE NEWS

THEATRE IN EDUCATION TOUR

For the first time this year, Year 9 students toured their fantastic class work at Fulbridge Academy and Discovery Primary Academy.

Back in November, Year 9 students in their lessons, started a unit of work on Theatre in Education, learning about didactic theatre for 5 -7 year olds. In their first piece of work, they created a performance involving The Daft Family that teaches 5 -7 year olds about the dangers of drinking from unknown bottles. Following on from this, they devised their own work around a moral of their choice, such as teaching the green cross code, wearing seatbelts, healthy eating and stranger danger.

The work was of such a high quality this year that we decided to tour some of the groups so that they could perform their work to their intended target audience. Twenty six students in total came on the tour and performed their pieces, then led workshops for Year 2 students on things they have to be careful of. The Year 9 students facilitated excellent and engaging sessions, whereby the Year 2 students produced statues and short performances about morals and messages. The Year 2 students involved made work based on not snatching/sharing, not touching fire/hot things and not playing video games too much, to name a few. They should be extremely proud of their ideas and work. When asked about their favourite part of the day, many of the Year 2 students said that watching their Year 9 performances was the best.



A special thank you to all of the students and staff involved at Arthur Mellows, Fulbridge Academy and Discovery Primary Academy for making the day such a success.

FOOD - HOMEMADE HOLIDAY CLUB

<https://www.foodafactoflife.org.uk/recipes/cereals/banana-crumble-top-muffins/>

You are invited to join the Homemade Holiday Club. Each school holiday Mrs Bowman will send home a recipe for you to cook with your child.

All you need to do to be in with a chance of winning a recipe book, is to email a picture of the finished dish along with your child's name and Tutor Group.

All photographs and winners will be displayed in the Food Department and in The Voice.

Good Luck!

office@arthurmellows.org

Banana crumble-top muffins

Ingredients

1 lemon
115g butter or soft baking spread
2 medium eggs
225g self-raising flour
1 x 5ml spoon (level) baking powder
1 x 5ml spoon ground cinnamon
85g caster sugar
2 medium ripe bananas
175ml semi-skimmed milk

For the crumb topping:
15g butter or hard baking fat
25g plain flour
pinch of ground cinnamon
15g demerara sugar

Equipment

Mixing bowl, wooden spoon, fork, measuring jug, measuring spoons, small grater, muffin tray, muffin cases, cooling rack, oven gloves.

Method

1. Pre-heat the oven to 200°C/gas mark 6.
2. Zest the lemon.
3. Melt the fat gently in a saucepan or the microwave.
4. Beat the eggs.
5. Sift the flour, baking powder and cinnamon together into a large bowl. Stir in the sugar and lemon zest.
6. Mash the bananas together until smooth then stir into the flour mixture with the melted fat.
7. Add the milk and beaten eggs to the bowl and stir until just mixed together. Do not over mix as this will make the muffins 'heavy'.
8. Line a 12-hole large muffin tray with paper muffin cases. Divide the mixture between the holes. If there is extra mixture, use another tray.
9. In a small bowl, rub the remaining butter or baking fat, flour and cinnamon together until the mixture resembles fine breadcrumbs. Stir in the demerara sugar.
10. Sprinkle the breadcrumb mixture over the top of the muffins and cook them in the preheated oven for 20–25 minutes or until well risen and firm to the touch.
11. Remove the tray from the oven and leave the muffins to cool in the tray for at least 5 minutes. Then transfer the muffins to a cooling rack to cool completely.

Top tips

- Add crushed walnuts for a bit of crunch.
- Add sultanas or raisins.

Complexity: medium



Student Voice - Spring Term

So far this year, we have:

- ✧ Had a meeting with Simon from Cucina to discuss the many environmentally-friendly innovations they have made in the College, including recyclable or compostable packaging for food and drink and the 'bring your own cup' initiative.
- ✧ Discussed issues relating to the range of food, including the possibility of a wider range of vegetarian and vegan alternatives, as well as the food that is currently available in the Sixth Form Café. Students have been encouraged to give Cucina regular feedback regarding the food currently on offer and suggestions for future dishes.
- ✧ Liaised with Mr Steele concerning the 'eco garden' that he is creating and considered getting involved with local environmental charities.
- ✧ Re-introduced the 'Student Voice' noticeboard and badges for reps to increase their visibility and approachability around College.
- ✧ Explored ways of reducing paper usage around the school, including using online and self-mark homework.
- ✧ Considered setting up an 'Eco Shop' to sell reusable cups and other environmentally-friendly items.
- ✧ Several Form Groups are taking part in the Peterborough Youth MP elections, this will be expanded next year and we are hoping that we will be able to put forward candidates next time.
- ✧ Liaised with Mrs Ward and Mrs Lord to try and consider the best time of year for the Year 11 Revision Collapsed Day.

Over the coming months, we will be:

- ✧ Using the Council as a means of raising funds for the school and awareness of environmental issues, a celebration for 'Earth Day' is being considered.
- ✧ Continuing to explore and expand on Mr Steele's vision for an 'Eco School', including setting up the Eco Shop and alerting students to ways that they can help.
- ✧ Looking at ways that Student Wellbeing, both mental and physical, can be enhanced.



Student Voice Representatives:

Lewis Ashton (7 HSN)
Max Ferrer (7 DCU/CPL)
Charlie Brando (8 KPT)
Callum McCutcheon (8 LBE)
Connor Costello (9 KWH)
Bella Knight (9 DDE/SYA)
Chiara Todisco (10 LED)
Bea Phillips (10 HMA)
Mohammed Samiq Walji (11CCK)
Emily Roberts (11 GEL/SMC)

Lewis Mote (Head Boy)
Lauren Shaw (Head Girl)
Annie Gidney (Year 7 Liaison)
Sophie Sanderson (Year 8 Liaison)
Ellie McHale (Year 9 Liaison)
Amber Bereznyckj (Year 10 Liaison)
Kararmjeet Kaur (Year 11 Liaison)

COLLEGE NEWS

STUDENT ACHIEVEMENTS

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



On Friday 31 January 2020, Ramone Vara (7LLO) entered into a Table Tennis tournament to represent Arthur Mellows in St Neots.

Ramone achieved 2nd place in the competition.

Ramone trains at the Archways Academy most days of the week. He has reached Division 4 in the League tables.

Ramone has achieved this level after only 11 months of training.

Well done Ramone!

LIBRARY WINTER WARMERS



Year 7

'Shadows of Winterspell'
by Amy Wilson

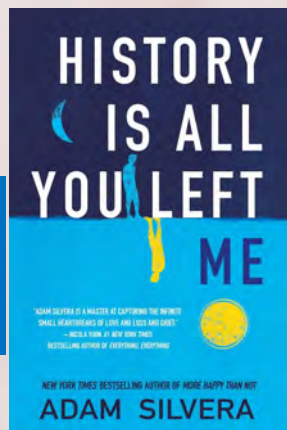
Year 8

'The Million Pieces of Neena Gill'
by Emma Smith-Barton



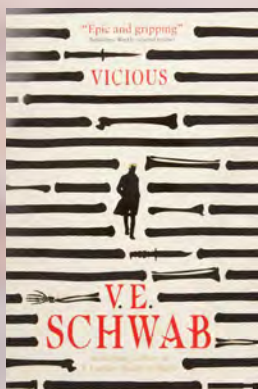
Year 9

'History is All You Left Me'
by Adam Silvera



Sixth Form

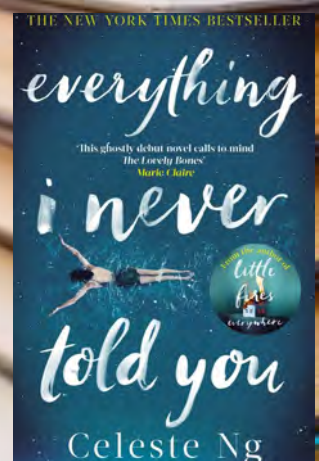
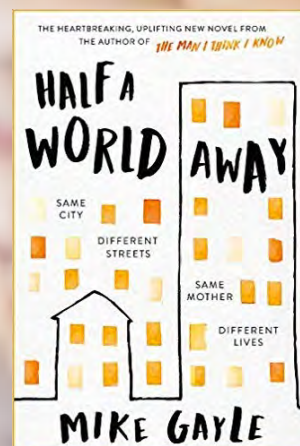
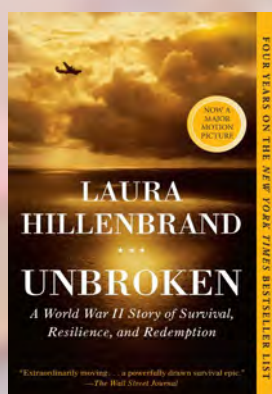
'Everything I Ever Told You'
by Celeste NG
'Half a World Away'
by Mike Gayle



Years 10 and 11

'Vicious' by V.E. Schwab

'Unbroken' by Laura Hillenbrand



COLLEGE NEWS

SIXTH FORM NEWS



WELLBEING AMBASSADORS

A number of Sixth Formers across Year 12 and Year 13 (and the whole school) took part in training to be Wellbeing Ambassadors in AMVC.

In the training, the students developed strategies to eliminate stigma against Mental Health in school, signpost what support is in place around school and come up with Wellbeing initiatives to try and improve community and fun in school.

In the training they also learnt about a range of Mental Illnesses; the signs and symptoms to look out for in their peers. Next steps – ideas going to the Student Council, and signposting to begin straight away.



THE KING'S SCHOOL ECONOMICS TRIP

We were invited to attend an Economics seminar at The King's School, which was presented by the Institute of Economic Affairs. This appealed to the whole of our Economics group as it was an opportunity to widen our application for the subject and also to hear from professionals with their points of views.

We started the seminar off with a discussion about Artificial Intelligence and Robots and to what extent they may 'take over the world'. This was then followed with some questions that we had to think about in groups and then relay back to the seminar organisers. 'Productivity Puzzle' was the topic that followed, this explained how the economy can become more productive and the different ways in which we can tackle the issues. They spoke about zombie firms and zero hour contracts and the positive and negative effects that these have on the economy.

The final session that was delivered was based on the NHS and the effects of privatising Health Care. They looked at other countries that have different systems within their healthcare. This opened my eyes a lot, as I had never considered any other systems other than totally private or totally public. The final talk was based around different jobs and opportunities within Economics, this again was very helpful, as it showed us different paths in which we could take with an economic route.

As a whole, the day was very good. It helped to broaden my application of the subject and it was also based on very current and real issues. The organisers kept us as students connected to the presentations, by asking us questions and also answering any questions we had for them.

By Jake Hunt 13LST

SIXTH FORM KEY DATES



Year 13 Employer Day

Thursday 27 February 2020

Drama and Theatre Students' Performance Exam -
Tutors and Parents can attend

Thursday 27 February 2020 at 5.00 pm

Year 13 Aim Group Apprenticeship Talk

Thursday 12 March 2020

Year 12 Young Drivers Event

Monday 16 March 2020

COLLEGE NEWS

SEN SENSORY ROOM

A sensory room is a specially designed room ,which combines a range of stimuli to help individuals develop and engage their senses.

These can include lights, colours, sounds, sensory soft play objects, all within a safe environment that allows the person using it to explore and interact without risk. At Arthur Mellows, the SEN Department thought this would be a big advantage for some of our students, who need time and space to regulate in an environment where they can safely let some of their emotions out, feel calmer and prepare themselves for learning in the right frame of mind.

We were extremely lucky that the Art Department were willing to help us out in putting this together and they came up with a mood board of ideas to suit our needs.

We would like to thank Mr Hall for framing it for us so that we could put it up and display it in the SEN area. Our Site Team were very helpful in starting us off by painting the room for us and putting up the wall mural and finally the wall art.

Huge thanks again to the Art Department (Mrs Crawford, Mrs Keeley and Mrs Cox) who made all the "tactile" art work on the walls, which students can explore and a "tactile" patchwork blanket which students can cover themselves with while exploring at the same time. These make a big impact on the dark walls and really catch the eye when you walk in.

Finally a massive thank you goes to the Arthur Mellows PTA Committee as they very kindly gave us a grant towards the funding of this Sensory Room. This enabled us to purchase some sensory toys, lava lamps, some soft bean bags to sit on, a large fluffy carpet, and some fibre optic lights which we will hang from the ceiling down one wall. In addition, we were also able to purchase some fluorescent stars, planets and moons which we have placed on the ceiling in the room. Students like to lie down and relax staring at the ceiling while using their touch senses on the blanket before heading off to class.

Mrs Harrison and Mrs Whyte



COLLEGE NEWS

PTA NEWS



TREASURER WANTED!

The PTA are looking for an enthusiastic Treasurer to join our friendly team!

If any parent, carer or staff member is interested in this challenge, please contact the PTA Chair, Nigel Lamb on 07789 760158.

Basic duties included making payments, banking and recording income and expenditures.

A big thank you goes out to Kirsty Eales for all her hard work and commitment as our Treasurer over the past year and a half!

CHRISTMAS CONCERT

The PTA raised nearly £300 at the Christmas Concert in December by selling refreshments and holding a raffle.

The PTA would like to thank the following businesses for their generous donations:



Nisa, Glington;

Mattoni, Eye;

The Packhorse, Northborough;

Moor Farm, Newborough;

The Bluebell, Glington.

And lastly, all the kind donations from parents and students which also went to raising more funds, that can be used for projects within the College.



A SHOUT-OUT FOR SCHOOL UNIFORM!

Support your PTA by donating uniforms for resale, which are too small or no longer needed.

Clean, washed uniform items in good condition can be dropped off at Main Reception anytime during school hours.

We are accepting all pieces of uniform, except branded, green sweatshirts.

Thank you for all your support!

COLLEGE NEWS

SPORTS NEWS

YEAR 7 NETBALL VS BOURNE ACADEMY

This Half Term, Year 7 Netball teams have both had a couple of friendly fixtures against Bourne Academy. This has been a great opportunity for the girls to play competitively and practice before their league starts next half term. Below are a couple of match reports for both teams regarding how the matches.

7A

'The team played very well. We may not have won, but our skills and teamwork proved to be an asset to get us through the game. Our communication has improved during training and this was reflected during the match. We created great space mid-court, which made it difficult for opponents to keep up with us. We felt that our defending was a lot stronger, as we added extra pressure after the second quarter as Bourne did score as many. We, as a team just need to practice our shooting and movement in the 'D' to take to the league next half term. Well done so far to everyone in the 7A Netball Team!'

By Macy Braband (7NPR) and Lauren Foreman (7DCU/CPL)



7B

'The Arthur Mellows Village College 7B Netball Team recently travelled to Bourne Academy to compete in a netball match. We sadly lost 6 - 2, but this loss gave us the opportunity to improve on their weaknesses – such as marking and defending.

The two goals we scored were amazing! We managed to maintain possession using our quick thinking to get the ball to our end of the court. At the end of the match, Scarlett Tarney (GA) was awarded player of the match. Hopefully, our Netball Team will have another chance to play against Bourne Academy to bring back victory to the College.'

By Scarlett Tarney (7CWT)



COLLEGE NEWS

SPORTS NEWS

SPORTSHALL ATHLETICS

This Half Term a group of Year 7 students competed against other Peterborough schools in the Sports Hall Athletic competitions.

All the students did amazingly well in their events and should be proud of what they achieved. For the girls, they won overall in their shot and standing triple jump events and for the boys, they came first in the shot, speed bounce and standing long jump and an 8 lap paarlauf events!

Overall, both teams came second which is an amazing achievement! Well done to all those involved!

~~~~~  
On 12 February 2020, we took twelve Year 8 students to Stanground to compete in the Indoor Sportshall Athletics. We had a great turn out of Year 8's, who were very determined and committed by attending practice sessions at lunchtimes.

The girls did amazingly in the 2, 4, 6 and 8 Lap races, all coming 2nd – FANTASTIC!

For the boys, they came 2nd in the 2 Lap race and 3rd in the 4 Lap race! All the Year 8 students worked super hard in their events and should be proud of what they achieved.

We are waiting for our field event results to find out our overall result. We will ensure students are told. Well done to all those involved!

**Miss J Martin**



### STAFF YOGA TRAINING - FRIDAY 31 JANUARY

On 31 January 2020 some of our PE staff had a day of relaxation at their Yoga for Schools: Building Confidence and Self Esteem Course.

During the course, the staff learnt four new routines all focused purely on wellbeing and self-confidence and how yoga can help improve your mental and physical wellbeing.

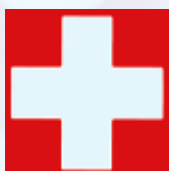
This training is going to massively support and help our students manage their stresses and wellbeing, especially those who have forthcoming examinations.

We have begun to introduce the yoga into our core PE lessons, which our students seem to enjoy and they do feel enthusiastic to experience this again. We are looking forward to continuing this in our core PE lessons.





## CONTACT INFORMATION



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](mailto:office@arthurmellows.org) with any new information or telephone Main Reception (01733) 252235.

## PROCEDURE FOR STUDENT MEDICAL APPOINTMENTS

The correct procedure for Medical Appointments (such as dentist, doctors or orthodontist) is to write the appointment details in advance, in your child's Student Planner.

On the day of the appointment, students should show the parent/carer's note to Student Reception and to the Subject Teacher whom the appointment affects.

Use of the Student Planner alleviates the need to email the College separately. Thank you in advance.

## IN THE EVENT OF SEVERE WEATHER

Please check our website in the first instance where College closure information will be posted to our homepage, if possible by 7.35 am. [www.arthurmellows.org](http://www.arthurmellows.org)

Listen to one of the following radio stations:

- ♪ Heart FM
- ♪ BBC Radio Cambridgeshire
- ♪ Connect FM (formerly Lite FM)

\* The College will also communicate school closure via electronic mail.

**Please note:** Decisions on school transport and the buses are not made by the College.