

Solway Community Technology College Newsletter No:7

Welcome

To all our new starters, pupils and staff.

We would like to welcome **Mr. Tatlock** who has taken over as our new Site Manager, starting with us before the summer break, **Mr. Brown** who has joined the Technology Department, **Miss Johnston** who has joined the Science department, **Mr. Sunter** who is our new Head of Franklin House and cover supervisor, **Miss Lawson** has taken over the SSCO role and **Miss Hudson** is our new Teaching Assistant.



October 2011

Welcome back to the start of our new academic year. We were delighted with our exam results; 100% achieved 7 A*- G at GCSE, 97% achieved 8 A*-G, 100% achieved 1 A*- C and 66% achieved 5 A*-C which is above our FFTD target. Many of our pupils achieved 13 good GCSEs. We also had great success at Yr10 with Zoe Forster achieving two grade 'A' GCSEs in one year. Our CVA last year of 1015, put us fourth equal in the county behind Millom school, (1020) QES (1016) and UCC (1015.5). This year we estimate the CVA to be 1022, which is fabulous.

CVA is a better and fairer measure of school effectiveness than raw results alone; allowing meaningful comparisons to be made between schools with different intakes, by taking into account prior attainment, the biggest single predictor of pupil results. This measure compares the grades pupils are expected to achieve, based on their KS2 SATs, with what they actually achieve in their Yr 11 exams. Outcomes above 1000 represent schools where pupils on average made more progress than pupils nationally, while measures below 1000 represent schools where pupils made less progress. Our CVA of 1022 demonstrates that whatever ability pupils have when they join us they make more than 2 grades better than expected progress.

We have been in the top 10% of high achieving schools nationally for the past 3 years. Well done to all concerned.

I would also like to direct you to our fabulous updated website which contains information and course outlines for each Key stage in each subject area, all our newsletters, links to our VLE, a photo gallery as well as many other interesting features.

Lois Baird
Head teacher



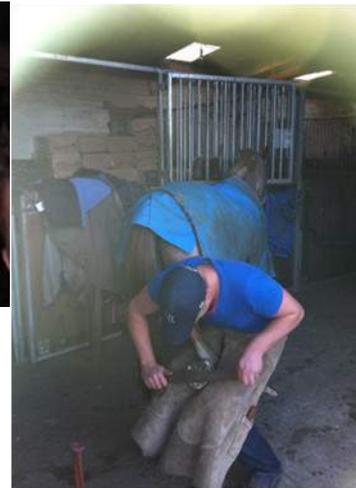
Living the Olympic
and Paralympic Values



Brad Fisher

An email received from Brad Fisher, who left our school, July 2010 with a clear goal in life: to be a farrier.

I have recently finished my NPTC Level 2 Farriery Forge-work course with all 15 blacksmithing test pieces on my board passing with full marks against their criteria and full marks again in the practical exam where I had to make two of the harder pieces off the syllabus. I also passed my farriery theory which was taken a week earlier. All 3 exams had to be passed; if you fail any of them it causes a delay in qualifying. Most apprentices start with theory and the practical is twice as challenging so we are all really pleased that my results were that good. I also took a NPTC Safe Working in The Equine Industry certificate that ranged from bandaging a horse up for travel to explaining in an essay how Zoo noses (Ringworm) can be isolated when farriers are shoeing on different yards and places etc. All coursework passed criteria and my practical was again further than criteria pass. The college also asked me to take part demonstrating my forging skills and explaining the skills of heating and bending to make blacksmithing pieces to very large crowds of spectators and I was then interviewed by the radio, an experience I won't forget as my voice changed accent 5 times. I think you can still access it on BBC i-player; *Stephen Lowe 5/6/2011 11:00 on BBC Lancashire.*



I am going back to Myerscough College this Friday as I am taking another practical and theory assessment for the job of being the College's Farrier Apprentice and lecturer to the course. Its an amazing opportunity as Myerscough is world renowned for being at the highest level of Farriery Teaching and encourage students to take part in national shoeing competitions as well as country trials and with this setup behind me I can aim for a distinction in both my theory and practical when I come to take my farrier diploma and aim for an Honours, the highest accolade. Not many farriery students achieve it but with not many students achieving what I have in my recent two courses, I want to keep that up and carry it through all my apprenticeship full marks throughout. If I don't get the Farrier Job and Lecturing Opportunity I have three more trials across the country with successful apprenticeship schemes from Wiltshire to Hampshire. I have attached a picture of my Test Board.



Update - Brad has now secured an apprenticeship with a world renowned yard in Shropshire and has now relocated. We are all very proud of his achievements and wish him every success - Avril Quinn

Janine Nicoll

It was a pleasure to welcome Janine back to school last week. She left school in 1993 and joined the Army Air Corps after a spell at college. Yr 11 really enjoyed hearing the story of how she came to be where she is now, just leaving the UK for a 2 year spell in Germany after serving in Iraq, Afghanistan, Canada and Bosnia. She is currently working with 3 Regiment Army Air Corps as ground crew on Lynx helicopters after a spell with Apache helicopters.

I'd like to thank her for taking the time out to give a different perspective on what is available post 16.

Janine has now been added to the 'Where are they now' wall in Room 17.

If anyone has any pictures and information on former pupils I am always keen to add new details to the wall.

Mrs Quinn

Bus and Cycle safety

If your child comes to school by bus, sensible behaviour is expected which includes seatbelts fastened until the driver comes to a complete stop at the drop off point.

If your child cycles to school could you encourage them to wear a helmet, for their own safety. We do have some larger lockers in school for helmets.

Blackburn Rovers Trip

We set off from Silloth at 8.30am on our way to Blackburn, stopping at Forton services along the way.

We were first going for a quick visit to a local mosque. This was all part of the Community Cohesion day; bringing different communities together. We were greeted by Mrs Anwar and she took us through the Mosque where pupils and staff showed respect by taking off their shoes and the girls wearing headscarves. The visit was a huge success considering most teachers and pupils didn't know what a Mosque was like. Everyone learnt a lot of new things, even some of the teachers. After the Mosque visit we were all hyped up and ready for food. Heading straight back to the Football Club, everyone tucked into their packed lunches and were ready to do the activities. This included playing football on the indoor pitches, a tour of the stadium which was obviously a big hit for the boys and then finally a computer session where pupils were able to use pictures from the day to create a story timeline and add many special effects and music. Overall the day was a big success : it was a great day out and a new experience.



A Mosque is the building where Muslims worship God.

Throughout Islamic history, the Mosque was the centre of the community and towns formed around it. Mosques come in all shapes and sizes; they differ from region to region based on the density of the Muslim population in the area. When visiting Blackburn we were lucky enough to arrive in time to visit a local Mosque. The Mosque was really different from our churches, it had a dome and the prayer room was fully carpeted with under-floor heating. When we got there the girls had to wear a headscarf to cover

their hair and everybody had to remove their shoes. When Muslims enter the Mosque they go to clean themselves in what looks like a giant bathroom. When entering the main praying room it was extremely quiet and we saw a small group of worshippers praying and speaking Arabic. When the men at the back of the Mosque were reciting the Qur'an it sounded like they were singing. We sat on the soft warm carpet and listened to Mrs Anwar who explained why Muslims take their shoes off and how the women wear scarves to show respect. We asked questions about the Mosque and found some of the things we were asking about had really straight forward answers; it was very informative.

Stadium tour of Ewood Park



We were lucky enough to get a stadium tour of Ewood Park, home of Blackburn Rovers which has a capacity of 31,000. We were able to go pitch side and then down into the tunnel and into the home dressing room. The pitch looked to be in very good condition, ready for the season ahead.

The goal posts and corner flags were not on the pitch to allow the grounds men to re-seed and cut the grass to get it into the best condition ready for the first home game in the Premier League to begin. The cleaners were also hard at work cleaning the Blackburn end where the home supporters sit. Overall it was a good experience and a good day out.



By pupils from year 9 and 10

Olympic Week

July 2011



“Olympic Week” is a time when pupils take part in a curriculum enrichment programme primarily aimed at developing skills of team working and communication as well as an understanding of community cohesion.

Through a variety of planned activities and visits pupils have the opportunity to develop knowledge and understanding of the importance of these skills and the need to both respect and understand the views of others to be able to work together in our ever changing modern world.

As usual, our pupils entered into the spirit of Olympic week and took part in a wide variety of activities from working with members of our local community including the Silloth Lifeboat crew and members of the Silloth First Responders completing the Heart Start basic first aid course, to team building activities like Orienteering and Marble Run. All activities are run as a house competition with points for completing the task and participating fully. This year all the houses worked extremely hard and by the end of the week the results were really close and are as follows: Dalton 366 points, Newton 361 points, Franklin 356 points and Sharman 354 points.

An integral element of this Olympic week was the planned visits aimed at developing some understanding of different communities and faiths. All pupils had the opportunity to take part in a visit with years 7 and 8 spending a day at the Samye Ling Monastery and Tibetan Buddhist centre high in the mountains of Eskdalemuir and years 9 and 10 travelling to Blackburn where they took part in a community cohesion day organised by Blackburn Rovers Football Club which include a visit to a Mosque in the city centre. Both visits were very successful with pupils and staff gaining an insight into the culture and beliefs of these two major faiths. It was a pleasure to accompany our pupils and many compliments were expressed concerning how well mannered and polite they all were.



Year 9 Enterprise Project

During four weeks of the summer term, Year 9 pupils took part in an Enterprise project launched by the Cumberland Building Society. This activity, aimed at developing their knowledge of the world of work, invited pupils to come up with an idea for a new business. On the completion of a business proposal, each pupil had an interview with our business manager. If successful, a loan of £5 was issued as a start up for the small business. Pupils were quite inventive this year with business ideas ranging from *Nail painting* and *handmade jewellery* to *car washing* and *biscuit making*. Pupils had to produce a business proposal including projected costs and profits, run their respective businesses to make as much money as possible in two weeks, while keeping accurate accounts. They had the choice whether to work as sole traders or as small partnerships and many good examples of team working were seen throughout the four weeks.



The culmination of the activity was a “Dragon’s Den” type presentation of the five businesses assessed to have been the most successful, in terms of the quality of the initial business proposal and money made, in front of one of the managers from the Cumberland Building Society and their peers. The presentations were excellent, with pupils clearly demonstrating their understanding of the need to research their target market and keeping accurate records of income and expenditure.

This was a very close competition with the final results being as follows:

1st place was awarded to “Traybake Treats”, a partnership of **Ashleigh Forster, Emily Wise, Clara Irwin** and **Hannah Smith** who made a total of £108.00 profit with their homemade tray bakes.

2nd place was awarded to **Bradley Whitfield** and **Cameron Pape** who made a total of £127.30 profit with their carwash and cake business.

3rd place was awarded to K+G Jewellery, **Katie Hart** and **Georgia Wilson**, who produced a range of handmade jewellery and made a profit of £40.20.



Tray-Bake Treats

The profits will be divided between nominated charities, Breast Cancer research and as well as school council projects that are for the benefit of all our pupils. I should like to congratulate all the Year 9 pupils for their hard work during this Enterprise project. I should also like to thank the Cumberland Building Society for their continued support in this collaborative project.



K & G Jewellery



My experience at ACT2CAM

ACT2CAM Youth Film Company ran a film making course which I attended during the summer, in Oxfordshire. It was attended by people from London, Newcastle, and Jersey just to name a few. I travelled to Newcastle where I got on a coach with about 15 other amateur actors/ tress. I stayed over at Kingham Hill Boarding School in the middle of nowhere with about 50 other students who I didn't know, but seeing as I'm a lively, out-going character I soon made friends and most likely talked them to death.

Whilst I was there I took part in several drama lessons before rehearsing and making the film. The drama lessons were well worthwhile and have made a huge impact on my acting skills.



One of the highlights of my week was working with the casting director of the Shameless series and the Angus Thongs and Perfect Snogging movie where she taught us how to give a good audition to the best of our abilities. We also had a visit from a West End performer which was really good as I like theatrical acting as well as TV and film. I haven't yet seen the film I starred in but I have recently received the date of my premier which will be in

December at the Tyneside cinema in Newcastle; I am very much looking forward to seeing myself on the big screen.

Many thanks to the neighbourhood forum for sponsoring the event for me.

Megan Wise (Year 11)



Christmas Cake Club

Starts
Thursday 3rd November
2011 3pm – 5pm in the Food Room



If you are a pupil at our school or a Parent of a pupil at our school and would like to make a Christmas cake this year, do come and join us on a Thursday, after school.

Please bring with you the following ingredients for your cake and remember to also bring an 8" loose bottomed cake tin.

All cakes will be finished in time for the annual Christmas Cake Exhibition on Wednesday 7th December.

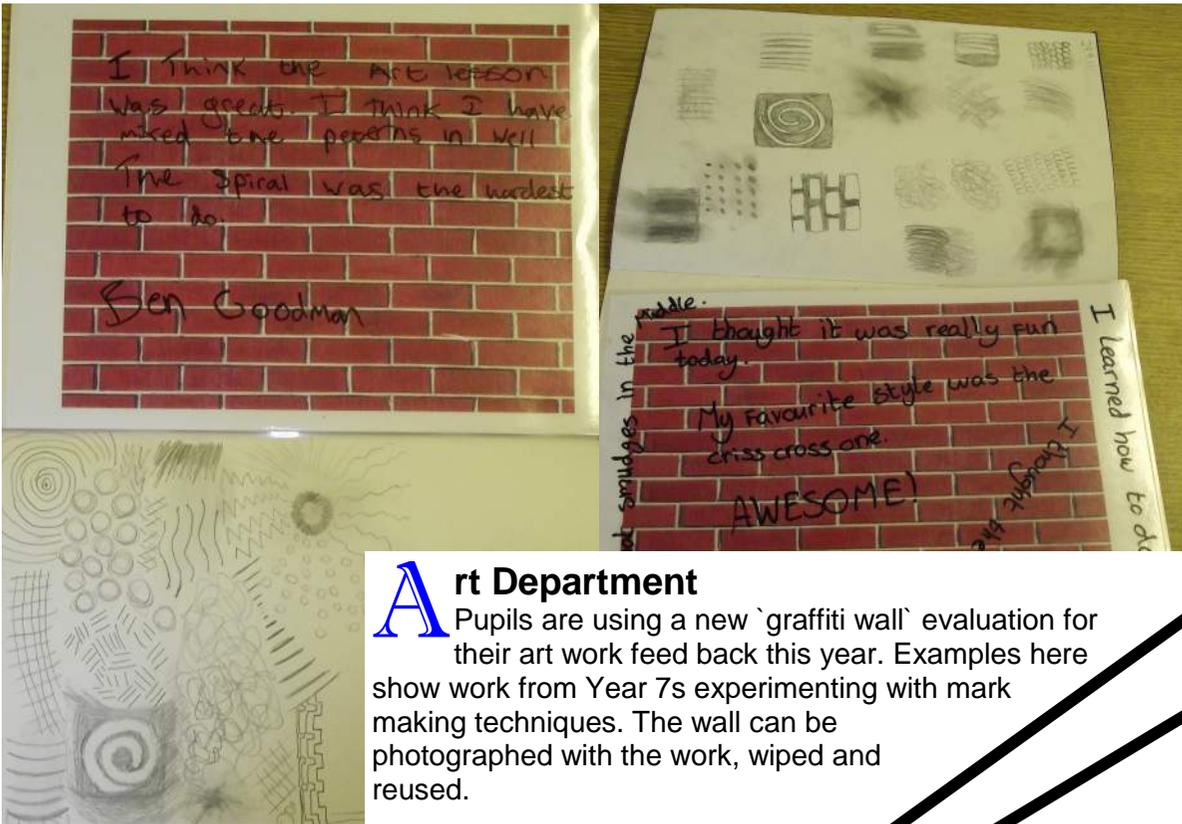
Recipe

225g flour
5ml (1tbp) mixed spice
2.5ml (1/2 tsp) ground nutmeg
5ml (1tsp) cocoa powder
175g butter
175g soft brown sugar
15ml (1tbsp) black treacle
5ml (1tsp) each grated orange and lemon rind
4eggs
550g mixed dried fruit (currants, sultanas and raisins)
100g chopped mixed peel
50g chopped walnuts or blanched almonds
50g dates, chopped
50g glazed cherries chopped
15ml (1tbsp fresh milk



We look forward to seeing you.





Art Department

Pupils are using a new 'graffiti wall' evaluation for their art work feed back this year. Examples here show work from Year 7s experimenting with mark making techniques. The wall can be photographed with the work, wiped and reused.



Amy Armstrong
Yr 9

Winner of the PTA sponsored
ipod Touch
for the highest number of smart
marks last year.
**This year it could be
YOU!!**

React Award

Every year we nominate pupils who intend to study Maths and either a science or technology at college or sixth form. One pupil is then chosen to receive £200 providing they achieve the required grades at GCSE to be accepted onto their chosen course.

Holly did so and is now studying Maths, Biology and Chemistry at Netherhall sixth form



EQUIPMENT

We are expecting that all children come to school fully prepared to do a day's work and to do that they must have the correct equipment. This is all named in the planner but just to refresh memories:

Pencil case containing black pens, pencils, ruler, rubber, pair of compasses, calculator. A set of earphones (from the £1 shop are fine). Nothing needs to be expensive but they do need to be self sufficient. In fact a lack of equipment will lead to a C3 just as it does now.

SWEETS AND DRINKS IN SCHOOL

We only allow water in school. Pupils are not to bring in sweets or fizzy drinks or gum

Uniform

Black school trousers or a black school knee length-skirt, are essential items; not fashion item but sensible school wear, as listed in the planner and prospectus. Reminder: One pair of stud earrings only.

Smart Mark winner 2010—2011

Mrs Baird presents Amy with her PTA sponsored prize for achieving the most smart marks last year! Well deserved.

Stamps

Please continue to collect and bring in to school, old used stamps from any letters or parcels you receive. Mrs Baird sends them off to raise money for Eden Valley Hospice. A worthy cause.



Water Bottles

Please note that we have water freely available in the foyer, both cooled and ambient. However cups for water will not be provided for the water dispenser. Pupils **MUST** bring their own bottle to fill when required. If you would like to buy a bottle (£1:00) please give your child's name to reception.



Ian Kellett

Ian Kellett, musician in residence is back and with a new set of songs to sing and ideas for inspiring music. Do check our website for the 'Shout out' DVD written and performed last year by four of our extremely talented pupils.

If you are interested in working with Ian – Thursday nights afterschool 3.15 to 4.45pm. Refreshments are provided and you can stay for as long as you want.

This session is free of charge, just turn up and give it a go! All are welcome.



Email

If you wish to receive school letters and the newsletter by email and you are not already on our mailing list, or should you wish to comment on anything in this newsletter please email office@solway.cumbria.sch.uk

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Headteacher: Mrs. Lois Baird B.A.

Gifted and Talented Summer School

Some 25 pupils gave up a week of their summer holidays to take part in a Gifted and Talented Summer School in July.

While the sun beat down, pupils worked with equal intensity at three separate categories of work all based around the idea of exploring the local environment.

Mr Down led a History and English group that explored the history of a long gone Academy based where Stanwix Park now sits and then looked at the past of Silloth School itself. Pupils read Charlotte Bronte's Jane Eyre and used Atonement by Ian McEwan.

Meanwhile **Mrs Bell** took her group of art pupils down to the waterfront to explore the natural formations and life on the sealine. Using David Hockney and other major artists pupils put together an outstanding display including Joseph Fogg's stunning Sea Serpent photo montage.

Mr Deakin's music group enjoyed opening their minds and ears to Silloth's many sounds creating a soundscape in the mould of The Velvet Underground incorporating the unique noises to be found in the town. Seagulls, Ice cream makers and cobbled streets combined in this extraordinary sound collage.

Meanwhile, Solway School's scientists created a presentation and models based on creatures connected to Silloth's marine location.

All this was squeezed into four days of hard work broken by energetic games of rounders at lunchtime and sandwiched either side of a testing walk along the beach between Silloth and Mawbray where the overnight camp took place. Pupils were given a flora and fauna workshop on the seafront by **Mrs Queenan** who pointed out the treasures of the rock pools and the beauty we take for granted living in this part of the world. This was a deeply satisfying chance for many of our school's able pupils to work together on extended tasks and push themselves in new ways.



English

Adaptations



- After it has eaten it lays out in the sun to help it to digest food quicker.
- If it feels threatens when its baby is born it will eat them alive and then faeces them back out alive.
- Its tongue is like a snake's to smell and detect danger and food.
- They have clawed feet to dig nests in the ground for their young, also they have clawed feet to run as fast as 13 mph.

Exploration
The sounds of Silloth.

As we all live in the location of Silloth, there are many sounds which we hear every day, but can we recognise them?

Music

The culmination of the week's work saw pupils present their efforts in front of a crowd of appreciative parents and visitors to the school.

Adaptations

Here are a couple of adaptations of a seagull that lives by the sea



Webbed feet used for swimming.

Light weight feathers to aid flying and buoyancy.



Science



Art



Solway Victorious in Poetry 'Game'!

It was 'game set and match' for pupils at Solway Community Technology College this week as their poetry work was exhibited in the local library.

October 6th saw the country celebrating National Poetry Day and the theme this year was 'games'. Pupils from Years 7 and 8 used their imaginations to write about all aspects of this topic from the emotions felt by the players when they won to how it felt to be a battered and bruised goalpost on the losing side!

Staff too shared their favourite poems with pupils, reading to them or showing them on the white boards; Under Milkwood by Dylan Thomas, Warning by Jenny Joseph and Thwok by Matt Harvey were some chosen by **Mr Down, Mrs Quinn and Mrs Baird**.

The exhibition is the second produced by this talented band of pupils who have already shown their skills to Parents and Governors in a 'Peace Poetry' exhibition to celebrate World Peace Day on September 22nd. This was run in conjunction with the Citizenship Department, Year 9 and local primary pupils who had an exciting day taking part in a variety of craft activities linked to the theme of peace.

Gillian Scholey

Ben Goodman

Football

That was it. . . .

The opponent scored an unstoppable goal.
The whistle blew like someone screaming.
We bowed our sweating heads in shame.
The crowd booed and yelled at us.
Finished!

Over !

The football match had been lost.
We watched the other team cheer and celebrate
With envy and jealousy in our eyes,
But it wasn't over,
Because there's always a next time. . . .




Maq Bahr

Being King

I love being king!
I usually rule the board.
I feel ecstatic when I do.
Sometimes I don't feel so good though.
I get thrown across the room when they lose,
Someone chips my crown into pieces.
My head gets shattered then
People glue my body back together.
I hate it!
I feel horrible and sticky.
People look up to me,
Even though, I am really small.
How much I love being king,
It can be very hurtful but I don't mind.
I do feel ecstatic,
I love being king.
I rule the board,
Everyone looks up to me,
And I love it!





Aztec warriors invade Solway school!!

There were amazing scenes recently as an army of Aztec warriors invaded Solway School in Silloth. Human sacrifices were scattered around the school's main hall as over forty Year 6 students enjoyed a 'creative enrichment' day which cumulated in some fantastic dramatic performances. Pupils from Silloth, Holme Cultram Abbey, Allonby and Holme St Cuthbert's primary schools worked with staff and Yr 8 students from Solway School on a wealth of activities linked to the Aztecs, a topic being studied in Year 6.



Quiet and slightly anxious when they arrived, the pupils were soon entranced and energised by drama, music and art workshops centred around this magical theme. The Art Department created stunning head dresses, the Music Department initiated pupils into tribal drumming and the English/ Drama Department acted out tales of heroes and villains.

In addition, the pupils also took part in a trampoline workshop hosted by the PE department. The pupils were taught the basics and were soon amazed at their own skills as they reached for the sky.

The day was voted a resounding success by both staff and pupils. When asked what could be done to improve the day,

a pupil from Silloth School commented, 'Make the lessons longer because they were really good'.

Other feedback comments praised the 'friendly staff', the 'kind' helpers and the 'awesome' food! Creative Enrichment Co-ordinator, Gillian Scholey said, "Days like this mean that the transition from primary to secondary school is much easier for children as they already know some of our staff and pupils. This means that much of the fear element about starting a new school is eradicated before the children start our school in Year 7. "

Mrs Scholey added that "The school already holds maths, science, technology and PE days for primary pupils and we felt that we also wanted to develop the creative side of the children. Activities like this are suitable for all abilities and we were really impressed with the enthusiasm of the pupils. "

Thanks also to Mrs Brown, Miss Hudson, Mr Green, Mr Down, Mr Deakin and Mrs Bell.



The Yr 8 helpers were Lee Johnson, Lorna de Mello, Chelsea Hewitson, Chloe Smith, Jake Nichol, Ebony Buck, Eloise Johnson, Peyton Minnican, Lewis Buckley, Hannah Dubberley, Ellie Scott and Jess Swan. Many thanks to them all!





Holly Harper

What a way to spend your first time in an aeroplane!
Holly bravely took to the skies to raise money for Multiple Sclerosis, a cause close to her heart, by taking a sponsored parachute jump.



We all watched in awe back at school when the video footage came in..... Well done!



Year 7 Borrowdale Trip

A great time was had by all from Wednesday 14th to Friday 16th of September. **All** of the Year 7s went away with Mrs Evans, Miss Hudson, Mrs Martin and Mr Green.

Right from the start, we all had a really active time with a fast walk up Seatoller to Stockley Bridge to work up an appetite for dinner in the Youth Hostel. This was followed by fun games with Miss Hudson until bedtime. The next day we all started off at Hawesend for Canoeing, Ghyll Scrambling or Climbing and spent the whole day excited and wet. The sun shone, the sky was blue and Derwentwater was like a mirror until everyone jumped in!



On the Friday, the group conquered Skiddaw in horizontal rain, cheerfully marching into the cloud as **Mr Green** had told them there was a coffee shop at the top (!!).



However, we did all have hot chocolate and cake in the tearoom in Dodd Wood before returning home for a good night's sleep. A big thank you must go to **Mrs Evans, Miss Hudson** and **Mrs Martin** for volunteering to come and help out; without them it wouldn't have happened. **Mr Green**





International Day of Peace

Over the past couple of weeks pupils in year 9 have been working hard on the first challenge from their new “Beliefs and Values” course, to plan activities and create displays for the International Day of Peace.

Pupils worked independently, researching and writing case studies about the conflicts that are currently happening in our world. These detailed pieces of work then formed an impressive display in our reception area, clearly illustrating that Peace is a state we all need to strive towards. Various activities were planned and practised to be undertaken with year 4 and 5 pupils from Silloth Primary school. These young pupils really enjoyed their time with us making pinwheels for peace and adding their hands to the “Peace Hands around the world” display. A number of year 9 pupils helped the younger pupils and were an invaluable help on the day.

During the week building up to World Peace day, years 7, 8 and 9 pupils worked hard in their English lessons producing some really inspirational pieces of poetry that are now displayed in the hall next to the very large Hands for Peace display.

The day started with an assembly where two of our year 9 pupils, **Katie Swan** and **Patrick Yarnold** read their poems. This was followed by **Reverend Rothwell** who gave a really interesting assembly on the life of St Francis of Assisi.

We would like to take this opportunity to both welcome and thank him for his valuable input.



International World Peace Day

The English department and the RE department worked together with our Yr 9 pupils, creating thought provoking poetry and with Yr 6s from Silloth Primary school, making a peace tree and windmills. The day started off with a full school assembly led by the **Reverend Rothwell**.

Peace means...

Peace means freedom of expression...
But here you would be shot!
Peace means no wars...
Yet here we have to fight.
Peace means no loved ones dying
But here it happens often
It's not easy living in the heart of hell



Peace means happiness
But here it's very scary
Peace means no terrorism
But here it is very common.
Peace means no war related dreams
But here 10,000 have died.
It's not easy living in a criminal dictatorship.



Peace means plenty of food
Not millions of starving children
Peace means no robberies
Yet here there are many.
Peace means clean water
Not the kind that kills you.



It's hard living here
So tonight I'm going to flee...



By Patrick Yarnold

It's Just Not Right!

It's not right
That the children of Afghanistan
Should have the fear of stepping out of their front door
And being bombed, mugged, raped or shot.



It's not right
That the innocent shopkeepers
Should fear opening up their shops in the morning
Terrified of damaged or missing goods
That the hoodlums of recent years have looted.



It's not right
That people
Aren't given the right to have opinions or religions
And are told what to think and believe.



It's not right
That the innocent people of OUR country
Lose loved ones who are fighting in wars
On behalf of others



It's not right
That the innocent children of countries at war
Should have their peace and tranquillity destroyed



Peace is a valuable thing
And it is wrecked and destroyed
By the immaturity and stupidity of our leaders.



By Katie Swan

Samye Ling



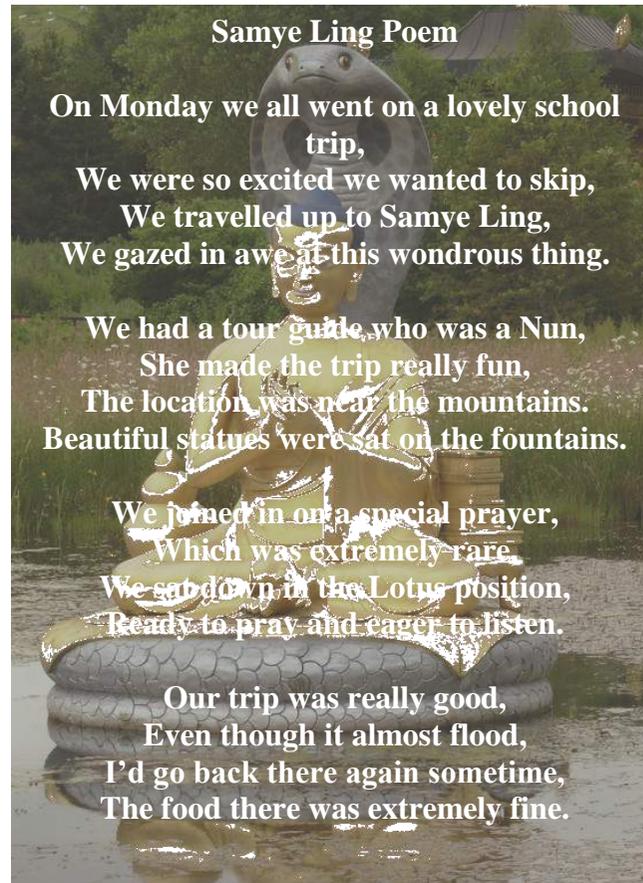
On Monday 18th July 2011 the years 7 and 8 went on a trip to Samye Ling in the

mountains of Eskdalemuir. We all enjoyed learning about the Monks and Nuns and about the life of Buddha. Just before lunch we went to see the Temple. When we went in we had to be extremely quiet and take our shoes off beforehand. When we sat down we learned how to sit properly in the Lotus position with our backs straight, eyes shut and shoulders back.

The Temple was really colourful and the detail and effort they had put into it was stunning. The Nun who showed us around had shaved her hair off because she had long hair and this would show she was rich, so she shaved it off to show she lived in poverty.

The prayer wheels that stood either side of the Temple room generate positive energy and radiate it out in all directions, planting the seed of peace and compassion everywhere.

There is a television in one of the rooms and Monks are allowed phones to contact their family or friends.



Samye Ling Poem

On Monday we all went on a lovely school trip,
We were so excited we wanted to skip,

We travelled up to Samye Ling,
We gazed in awe at this wondrous thing.

We had a tour guide, who was a Nun,
She made the trip really fun,
The location was near the mountains.
Beautiful statues were sat on the fountains.

We joined in on a special prayer,
Which was extremely rare
We sat down in the Lotus position,
Ready to pray and eager to listen.

Our trip was really good,
Even though it almost flooded,
I'd go back there again sometime,
The food there was extremely fine.

By pupils from year 7 and 8



Prayer Wheel

As people walk round the Stupa clockwise reciting prayers, their path takes them through the prayer wheel house where they turn the prayer wheels as they pass through. The prayer wheels contain millions of short prayers. There are 1400 sheets of paper in each wheel and each sheet has been blessed with saffron water and dutsi. They are then stuck together, attached to the roll and placed inside the metal case. The cases were made in Nepal and have a mantra on the outside in both the Tibetan script and the ancient Lanza script.



Life of a Buddhist Monk

Daily Routine

6-7am	Tara Prayers
7-8am	Breakfast
8-9am	Meditation Session
10-12.30am	Teaching Session
12.30-1.30pm	Lunch
1.30-3pm	Mahakala Prayers
3-5.30pm	Teaching or working
5-6pm	Meditation Session
6-7pm	Supper
7-7.45pm	Chenrezik Prayers
10.00	Temple closed and quiet time

There is an extra prayer session in the evening on a Sunday.

Allerdale soccer finalists

Congratulations to the Solway boys' U15 soccer team for reaching the final of the district soccer competition. Solway U15s defeated Netherhall Specialist Sports College 6-1 and Southfield Technology College 5-0 to reach this year's final.

The final will be played against our nemesis Nelson Thomlinson School at Cockermouth on Wednesday 12th October, 3.30pm KO. This team is also through to the quarter finals of the U15 county schools competition.

Good luck to the team for next week!



Roast Dinner Day

Last year school took part in the Food for Life Partnership Roast Dinner Day which was a fantastic success with around 5,000 schools across England joining in serving thousands of locally sourced roast dinners.

Parents, guardians and members of the community were invited into school to get a taste of how good school food can be. "It was lovely" agreed the 55 members of the community who joined us for lunch on Wednesday. A big thank you to Angela and her team.



Cumbria Schools Disability Football Festivals

In the past month the Cumberland Football Association and Carlisle United have announced a new programme for Cumbria Schools Disability Football Festivals. These festivals are for pupils from special schools and mainstream schools and are aimed to cater for those with a Learning disability, Hearing Impairment, Physical Disability, Emotional and Behavioural needs. The programme kicked off its first festival on Tuesday 3rd October 2011, where 3 year 10 GCSE PE pupils were selected to help run the event. As part of the GCSE PE Programme, pupils are required to take part the Sports Leaders Level One course, delivered by our new SSCo, **Miss Lawson**. This particular event was a great experience for the selected pupils to work with different ability groups and be part of an organised event. Staff at the Cumberland FA and Carlisle United congratulated **Emily Wise, John-Paul Murphy** and **Tabitha Graham** on how well they conducted the day. A big 'well done' from all the staff at school and keep up the good work for future festivals.

Thanks go to

John Cook from John Cook signs for our stunning new Open Evening banners. A bright and eye catching image and to all at **Prontaprint** for our newsletters, prospectus and praise postcards.

Yr 11 Bowling

Miss Jones and I are looking forward to another bowling trip to Stanwix on 3 November. The cost is £12 and includes 2 games of bowling, a pool competition and an Indian buffet. I bet 11AQ wins – again!

Shopping Trip to Glasgow

On Saturday 3rd December we shall be taking Yr 11 pupils, to Glasgow for the day to do Christmas shopping. The price will be dependent on how many people sign up for the trip. We will be leaving school at 8am and leaving Glasgow at 5pm.

Yr 11 Study Sessions

Miss Jones and I are supporting Yr 11 pupils by running study sessions on Wednesday evenings from 3 until 7pm. We provide a tea at 5pm (kindly made by Angela Hoodless and her team) and all pupils have to do some English and some Maths before starting on their own independent study be it Art, Food or their own choice. Other staff will also be dropping in to support them. These sessions are free and we would really like as many pupils to take advantage of them.

Yr 11 exam dates

Some Yr 11 pupils are re-sitting Science modules and they have all been given a schedule of what and when. These exams are on 15 November and we need those pupils to be fully prepared this time. All Yr 11 pupils have a Maths GCSE exam (Module 1) on 9 November and again, they need to be prepared for it by taking advantage of the revision packs that Mr Hailwood has produced at a cost of £12 and by attending his revision sessions. Foundation revision is on Tuesdays after school and Higher is on Thursdays. Attendance at these sessions so far has been wonderful. Well done Year 11, you have a keen and enthusiastic attitude to success.

Mrs Quinn

Forthcoming dates

October

Wednesday 12 th	Yr 11 Parents' Evening – Subjects
Tuesday 18 th	Yr 7-10 Parents' Evening --Tutors DGS, FAN, NJC, NSJ, SBG,STH
Wednesday 19 th	Yr 7-10 Parents' Evening --Tutors DJS, FKB
Friday 21 st	Pink Day - Non uniform for Breast Cancer Research

Half term Monday 24th to Friday 28th October

November

Thursday 3 rd	Gideons' assembly Year 7
Wednesday 9 th	Maths Exam pm
Tuesday 15 th	Science Modular exams am
Week beginning 21 st	Year 9 Airline Day

December

Week beginning 5 th	Mock Exams for Years 10 and 11
Wednesday 7 th	Christmas Lunch

Barcelona update!

Our trip to Barcelona has now been confirmed and we are already looking forward to it! The trip will run from Monday 2nd July until Friday 6th July 2012. We will be having a meeting on Tuesday 18th October at 5.45pm, just before Parents' Evening begins. In this meeting we will give more detailed information about the trip and discuss making payments for the final amount. Any enquiries, please do not hesitate to contact me. Miss Jones





SOLWAY COMMUNITY TECHNOLOGY COLLEGE

ICT Course

(INFORMATION COMMUNICATION TECHNOLOGY)

SESSIONS WILL RUN ON
Thursday 6th, 13th, 20th October
&
Thursday 3rd, 10th, 17th November
6.30PM – 9PM

ONLY £2 PER PERSON PER SESSION

(16 YEARS AND OVER)
**TO BOOK YOUR PLACE OR FOR MORE
INFORMATION PLEASE CONTACT ANGELA
ON
077 381 67406**

- WEEK 1** Switching on and accessing internet – refresher, saving, folders
Setting up & using Email (Google mail) – passwords
Emailing and attachments
Uploading photos from camera and phone
- WEEK 2** Working with a digital camera & photos
Synchronising phone to computer for numbers and music
Running your own  *
- WEEK 3** Buying and selling on  and PayPal
- WEEK 4** Online Shopping - Amazon, Asda, Tesco,
Downloading music, online books,
Cumbria Library Service, Waterstones, MP3, audio books, eBooks
- WEEK 5** Running antivirus software & online security
Basic PC maintenance - inc. backup & restore of data
Installing a new printer
- WEEK 6** Using online services - Google Docs (calendar, documents), Picasa
Web, Drop Box and other online storage media
Setting up Skype

SOLWAY COMMUNITY SPORTS HALL

Yoga Classes

Why not come and experience the benefits of 'Hatha' yoga.

Sessions are every Tuesday at **7pm – 8.30pm.**

This activity will cost **£3.50 per session.**
Please bring your own yoga mat, or if you don't want to buy one just bring a towel.
(16 years and over)



NETBALL

Ladies Netball is on every Thursday at 6.30pm – 7.30pm.

Come along and relive your netball school days.

It's a great way to have fun whilst learning new skills and increasing your



FOOTBALL

Silloth Sports Hall is regularly used by Silloth Football Club, with training for all ages.

For more information please contact Colin Batey or John Slack.

If you would like to play non-competitive football the hall can be booked for your own session.



BOXERCISE

Boxercise - Wednesday evenings
8.00-9.00pm £3 each.



TENNIS

Professional tennis coaching is available every Tuesday with David Wise at the Sports Hall.

If you are interested in your children participating, or require more information please contact David on 07742 547 767.



MOKY

BURN UP TO 1000 CALORIES
IN THIS DANCE FITNESS CLASS

Every Friday 6pm-7pm

SOLWAY COMMUNITY TECHNOLOGY COLLEGE,
LITTLE STREET, SILLOTH, WIGTON, CA7 4DD
TEL: 016973 31234 EMAIL: angela.irving@cumbria.sch.uk

ROLLER SKATING

WEEKLY SUNDAY SESSIONS COMING SOON!

AVAILABLE TO HIRE

For a price list, availability or for any more information please call into the Sports Hall

