

Tim Foot Seminar - Tuesday 5 January 2010



On returning from two weeks holiday all Year 10 Students took part in a Study Skills Seminar delivered by Tim Foot. The title of the seminar was "Getting Organised". The students were set challenging tasks during the session to help them plan, prepare, organise and study effectively to assist them with the demands of GCSEs. Amazing prizes were to be won!! The students also had to demonstrate their ability to do a Mexican Wave!!!!. Some very valuable advice was given which students certainly appreciated.



Year 10 Basketball

Stanway 16 - Alderman Blaxill 74



Our Year 10 basketball team remains undefeated after the convincing win away to Stanway last week. The team recycled and passed the ball very quickly, so much so that Stanway rarely had the ball in the first half, the score was 3-35 at half time. Ryan Law defended the basket well and our shooting from all angles was exceptional on the evening. In the second half we were able to rest players and give Jim Carpenter, Jamie Hall and Callum Ellis their first game for the school. An excellent all round performance by everyone who played.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Lasagne £1.00	Chicken Casserole £1.00	Sweet & Sour Pork & Rice £1.50	Homemade Burger in Bap £1.00	Spicy Chicken Pitta £1.00
VEGETARIAN	Vegetable Pizza £1.00	Cheese Omelette £1.00		Cheese Puffs £1.00	Vegetable Curry & Rice £1.50
PASTA			Tomato & Herb £1.00		
JACKET POTATOES	Available daily with the following fillings: Cheese, tuna, coleslaw, baked beans. £1.10 extra toppings 35p				
POTATOES VEGETABLES	Potato wedges 40p Courgette /Carrots 40p each Salad 40p	Boiled potatoes 40p Peas/Carrots 40p Salad 40p	Rice 40p Stir fry veg 40p Salad 40p	Chips 70p Sweetcorn/Peas 40p Salad 40p	Rice 40p Broccoli & Cauliflower 40p Salad 40p
FILLED ROLLS SALADS	Choice of brown/white crusty/soft rolls, pitta breads and flavoured wraps with a selection of fillings daily, £1.10/£1.20. Selection of salads daily. £1.50 Half Baguettes with fillings 65p				
DESSERTS Custard 5p with pudding / 20p a bowl	Chocolate Brownie 55p	Apple Eve Pudding 55p Jelly 55p	Strawberry Cheesecake 55p	Angel Cake 55p	Choc Fudge Cake 55p Bakewell Tart 55p

The Jack Petchey Award



The Jack Petchey Foundation is a Charity which recognises the positive attitudes and contributions young people make to their schools and local community in London and Essex. Alderman Blaxill School has been approved by the Foundation to participate in the Gold Award Scheme. This means that the school will be able to present nine Awards each year to recognise the positive achievements of students.

Staff will nominate students for the Award and members of the Student Council will make the final decision on the winner each month. Mr Jones, Associate Headteacher said "Alderman Blaxill has many students who have a positive approach to school life and we are pleased that the support at The Jack Petchey Foundation means that we can show them how proud we are of them".

The winner of each months Award will receive a gift voucher, certificate and badge from The Jack Petchey Foundation, and the opportunity to nominate a school department or project to receive a cheque for £200 to help provide opportunities for other students to achieve success. The first winner of the Award for October 2009 was **Charlie Stuttle in Year 11**, she was nominated for her determined and responsible approach to school and life and selected the Textiles Department to receive her cheque.

The November winner was
Danielle Humphrey in Year 8,

Danielle was nominated for her great commitment to her work and for her kindness and respect that she shows to other people.

Danielle has chosen the Art Department to receive her cheque.

The nominations are now being made for the January Award.

Essex Police visit Alderman Blaxill School

Just before Christmas we received our annual visit from Colchester Traffic Police. The visit was kindly arranged by our schools liaison officer PC Loftus who is a familiar face around the school. He has recently been helping Senior Staff calm the traffic on Paxman Avenue at school leaving times and on this occasion he was joined by two of his colleagues who brought along a four wheel drive vehicle to show our students at lunchtime. PC Manser demonstrated the stinger device and explained that the vehicle (pictured) was a patrol car used primarily at Stansted Airport; it's also one of the very few diesels on the traffic fleet. Many students had the opportunity to jump on board and operate the blue lights and sirens, as well as carry the protective shields stored in the back. Our thanks go to Essex Police and in particular to PC Loftus for his continued support of our school and the community it serves.



**Lawrence Terroni, Assistant Headteacher
Pastoral Manager**

Please contact the Office for a colour version of the Bulletin if your son or daughter is in a photograph. Thank You

Exams

It's a word everybody hates: teachers, parents and most of all, the students. What is the point in exams? They're always such hard work and they're so stressful! If you revise too much, you confuse the most basic of facts and if you revise too little you won't get the grades you need to get the jobs you want! So what do you do?

The answer to this is Your Best. But most importantly, preparation is the key to getting good results, whatever exam you are revising for: Failing to prepare is preparing to fail. NOBODY is capable of getting the grades they dream of without properly organising themselves before hand. This involves some small, but useful steps to help make the most of that exam stress and frustration disappear.

Nobody is saying that exams are easy. But just a few well-chosen steps can be some of the first you take to success. Preparation is the key to getting those grades we want and need.

One of the common ways to prepare and get organised for exams is to make yourself a revision timetable with frequent breaks throughout and to stick to it. This will help to get more revision done faster and help us get into the routine of having to concentrate for longer during the exam. If your home is a bit chaotic, then try and attend revision sessions at school or ask your teachers for extra help outside of lessons. They don't bite, so don't be afraid to ask!

If you hate being on your own sitting in silence writing, staring at books and computer screens, then get together with your friends and do some group work. As well as being able to socialise and study at the same time, it enables you to help each other with the topics one might find the hardest, but another might find easy.

Aside from all the revision and typical exam pressure, it is also in your top priorities to eat and sleep well. Walking into an exam when you're tired and hungry isn't the greatest of moves, as it is essential for our brains to have energy so we can work hard and concentrate properly.

If you generally get very nervous and feel so stressed out you feel like you're cracking, then talk to somebody who you can rely on like a parent or a teacher and they will be able to help you with your revision and get you good grades without you going crazy!

At the end for the day, it doesn't matter how you study for exams. Whether you read, write, sing or dance, it doesn't make any difference, just as long as you try! Before the exam, take a few minutes to yourself to relax and calm yourself down because this can ease the pressure you might be feeling before and in the exam.

Finally, during the exam, as everybody has probably told you already, if you get stuck, **MOVE ONTO THE NEXT QUESTION!** Because the time you spend sweating over one question is the time you could be spending answering others and gaining more marks. If you feel yourself panicking, stop, try and relax yourself for a couple of minutes then carry on as this will also help you think more clearly than before.

Good luck!
Hollie Rowing - Year 11

Best Tutor Group

Top three Tutor Groups Attendance for week 11.01.10 - 15.01.10 are:-

1st	-	A9PMA	-	97.50%
2nd	-	A10LAR	-	97.14%
3rd	-	B9JMI	-	93.75%



Extra Curricular Activities

Lunchtime Clubs

Monday	Miss Newton Mr Meyers Mrs Arrowsmith	GCSE Textiles Drum & Guitar GCSE Catering Catch Up	Room 22 Music Room
Tuesday	Ms Skinner Mrs Smith Mr Meyers	Student Council/Prefect Meeting Badminton All Years Keyboard	Drama Studio Gym Music Room
Wednesday	Mrs Cocker Miss Newton Miss York Mr Meyers Mrs Arrowsmith	Yr 8 catch Up ICT - Girls Only Textiles Club All Year groups Year 8 & 9 Netball GCSE Music Performance GCSE Catering Catch Up	Room 6 Room 22 Gym Music Room
Thursday	Mr Flack Miss Newton Mr Mason Mr Meyer	Year 10 & 11 Basketball GCSE Textiles Year 11 Resistant Materials Rock School	Gym Room 22 DT Block
Friday	Mr Flack Mr Meyer Miss York	Year 7, 8 and 9 Basketball Singing Netball Year 7's	Gym

**Every Lunchtime - Chat Room - Room 21
Drama Studio for Year 10 & 11 for rehearsals**

After School Clubs

Monday	Mrs Cocker Ms Skinner Mr Hinchcliffe Mr Mason	Catch Up ICT - Years 10 & 11 Dance GCSE Revision Football Year 8 and 9 Year 11 GCSE Resistant Materials	3.10 - 4.00 pm Gym 3.15 - 4.30 pm 3.10 - 5.00 pm
	Mrs Arrowsmith	Homework Support Year 10 & 11 GCSE Catering Coursework	Library 3.15 - 4.15 pm
Tuesday	Mr Hinchcliffe	Year 10 & 11 Football	3.15 - 4.30pm
Wednesday	Mrs Wiegand Mrs Moffitt Mrs Arrowsmith Mr Hinchcliffe	Science BTEC Catch up - Year 10 & Yr 11 Revision Classes - Year 11 DT Food/Catering Catch Up Year 7 & 11 Football	3.15 - 4.00 pm 3.15 - 4.00 pm 3.15 - 4.00 pm 3.15 - 4.30 pm
	Mrs Arrowsmith	Homework Support - Library Year 10 & 11 GCSE Catering Coursework	3.15 - 4.00 pm 3.15 - 4.15 pm
Thursday	Ms Harte Mr Hinchcliffe Miss Newton	GCSE English Catch Up - Yr 10 & 11 FIXTURES NIGHT GCSE Textiles Homework Support - Library	3.15 - 4.15 pm Room 22 3.15 - 4.00 pm
	Mr Terroni	Drama	
Friday		Yr 11 Climbing	Thurstable

• **Drama Studio for Year 10 & 11 for rehearsals every Monday, Tuesday and Thursday**

