

Be The Best You Can Be

With CCSC

Week 20

Monday 7th January 2022



Taken by Keane Arrowsmith Y11



Taken by Thaleia Stanier-Fillip Y9



Taken by Sadie Huxley Y8



With Mr Kelsall

Year	Event logs	Best pupil	Best form
Y7	933 ↑	Logan Petrillo 7YM (19)	7YM (192) ↓
Y8	826 ↑	Poppy Blackshaw 8AO (14)	8JST (166) ↑
Y9	394 ↓	Guy Pearce 9HB (8)	9HM (74) ↓
Y10	527 ↓	Ethan Moody 10EW (9)	10KDR (93) ↓
Y11	379 ↓	Isaac Futter 11EH (13)	11P (67) ↓
Total	3059 ↓ 9%		

	Zero Conduct Logs	100% Attendance	Attendance	Best form Attendance
Y7	139 ↑ (80%)	137 ↑ (79%)	92.8% ↓	7LEH 97.2% ↑
Y8	105 ↓ (64%)	99 ↓ (60%)	87.3% ↓	8AO 94% ↓
Y9	134 ↓ (71%)	130 ↓ (69%)	86.4% ↓	9KW 93.7% ↓
Y10	129 ↑ (66%)	127 ↓ (64%)	83.4% ↓	10KDR 91% ↓
Y11	123 ↑ (75%)	92 ↓ (56%)	78.6% ↓	11P 93.4% ↓
Total	630 ↑ (71%)	585 ↓ (66%)	85.7% ↓	

School

Maths

NYE

Pokemon

Sweets

Run

Coke

Chess

1 Best Friend

University

English

Xmas

Simpsons

Chocolate

Walk

Pepsi

Monopoly

5 Good Friends

What's on this week?

Please continue to test yourself at home for Covid, especially if you are feeling unwell.

HOY AWARDS

Y7

Joshua Gough
Rhodes 7YM

For being a helpful member of the year group and supporting a fellow student this week.

Leylah Sardar
7MH

Superb levels of effort across all of her subject. Keep it up!

Y8

Theo Matthews 8LCA

For always putting 100% effort into class work and one-to-one work. Fantastic attitude to learning!

Lois McKechnie 8SB

For trying to encourage her class to be kind and fair to each other. A member of staff heard this and let me know how mature and wise Lois had been. Well done Lois.

Y9

Poppy Pearson 9LE

For consistently meeting expectations in all aspects of school life. Poppy knows what is expected of her and does it!

Liam Whitehouse 9HM

For being helpful to his classmates as well as constantly striving to improve the standard of his work. An all round good egg!

Y10

Joshua Thorley
10MK and Lucy
Hitchen

For always doing what is expected last week, achieving plenty of event logs and zero conduct logs.

Y11

Jamie Carter-Giles

For good effort all with particular praise in Maths and 3D Art. Keep up the good work!

Jessica Beeston

For a solid week's work and backed up with attendance to Boosters. Well done and keep it up!



Lucky Dip Winners 7th February



Zero Conduct Log Winners

Y7 Ruby Gerrard 7MH
Y8 Darcy Taylor 8SR
Y9 Tyler Peel 9LW
Y10 Freddie Parry 10KDR
Y11 Charlie Price 11DG

Outstanding Work

Picked this week Mrs Waterhouse
Rosie Higginson Y10 MFL
Event Log Plus
Jessica Brook 9PF
100% Attendance
Rhys Grant 9KW

Be The Best You Can Be
Work hard and get
noticed!

£5 vouchers
OR
Front of Queue Pass to Canteen
OR
Free break food for a week!
PLUS entry into the BIG prize draw

Be The Best You Can Be
Work hard and get
noticed!

Please email Miss Edwards kedwards@ccsc.staff.sch.uk
With your choice of prizes from above.



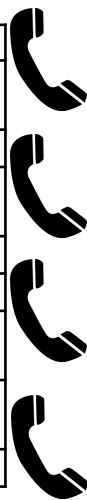
Look who made a **BIG** impression this week!

It hasn't gone unnoticed and we couldn't be more proud of you!

SELF-BELIEF & **HARD WORK** WILL ALWAYS EARN YOU **SUCCESS**



Dawson, Thomas	Ahmed, Aafreen	Brearley, Alicia	Beeston, Jessica
Gough-Rhodes, Joshua	Brook, Jessica	Copeland, Sam	Beeston, Molly
Hill-Morey, Lydia	Cooper, Ethan	Eardley, Elle	Carter-Giles, Jay
Hughes, Marcus	Cummins-Bloor, Keira	Elliott, Madison	Clay, Jack
Locock, Madison	Foster, Sam	Harvey, Nathan	Cowie, McKenzie
Petrillo, Logan	Griffiths, Lucy	Jennings, Beth	Johnson, Skye
Wilkinson, Sophie	Rutter, Holly	Randles, Kenzie	Woolliscroft-Nixon, Jamie
Barker, Connor	Smith, Ellie	Swindell, Tori-Mya	Morgan, Lilly-Mo
Cartledge, Chloe	Huxley, Sadie	Finney, Lyla	Wright-Davies, Lewis



Outstanding Work



A HUGE well done to all the pupils featured in this week's 'Outstanding Work'! We love seeing this each week..... Check it all out using the link <https://www.ccsc.staffs.sch.uk/index.php/news/556-outstanding-work-at-ccsc>



MFL

Rosie Higginson

Year 10

Rosie Higginson
Independent recap of crucial knowledge



MFL

Rosie Higginson

Year 10





Independent Learning Sessions

How should I use my time?



Learn/test your Crucial Knowledge

- Pick a subject, then use the Crucial Knowledge resources to test yourself and learn anything you don't know
- You can find all the resources here: <https://www.ccsc.staffs.sch.uk/index.php/2013-09-25-09-25-35/all-files/crucial-knowledge>

Complete all your Crucial Knowledge quizzes

- Work through all set Assignments in Teams
- Work through Educake, Kahoot, etc. quizzes set by your teachers

Make a 'to-do list'

- In OneNote (top of the page)
- Using 'Notes' on your iPad
- Or just on paper!

Organise/tidy your notes

- Organise and tidy up work in your OneNote notebooks
- Group pages together so your notes are in order
- Turn pages into subgroups so that topics are together

Read a book

- Improving your reading skills will help you in all subjects
- Find lots of books on the Sora app

Work through extra subject resources

- Go to your Teams classes
- Work through the extra resources that your teacher has put in your class Teams
- These resources will help to extend your subject knowledge

Complete classwork & coursework

- Complete any work in your OneNote notebooks, exercise books, folders, OneDrive, etc.

Make corrections and improvements

- Look at teacher comments in your exercise books or Class Notebooks
- See how you can improve previous work and have another go at it
- Look at any quizzes that your teachers have returned. Make notes on anything you got wrong and learn

Independent online revision

- All subjects: <http://www.bbc.co.uk/bitesize>
- All subjects: <https://quizlet.com/en-gb>
- All subjects: www.educake.co.uk
- All subjects: Kahoot! (For Science, search keccscb1, keccsc1, etc.)
- All subjects: <https://senecalearning.com/en-GB/>
- MFL: <https://www.language-gym.com>
- Maths (KS4): <https://www.onmaths.com>
- Maths (KS3): <https://www.whizz.com>

Complete exam questions/papers

- Check the exam board with each of your subjects, then search for past exam papers and mark schemes



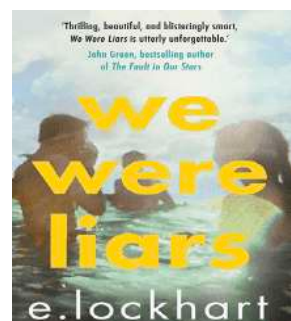
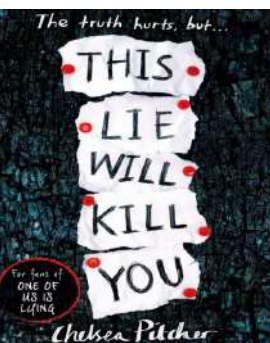
Rhiannon's Reading Recommendations



Eve Sharpe's Recommendations

This Lie Will Kill You by Chelsea Pitcher – I enjoyed this book, as I really liked the authors writing style, because it made me want to finish the book ASAP to find out what happened.

We Were Liars – This book is one of my favourites, as I enjoyed learning about the family and what led them up to their situation. I also liked how as I read on, the story started clicking into place.

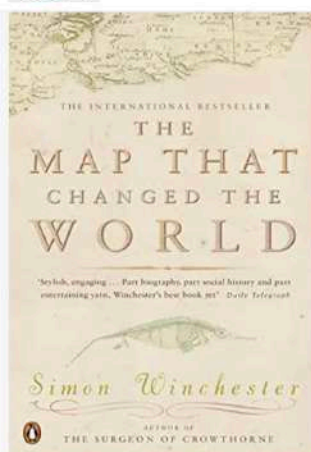


Jess Roberts' Recommendations

"One of Us is Next" is a great sequel to "One of Us is Lying" and was a very interesting read. I loved the plot twist at the end and I would recommend to people interested in murder-mystery genre. My favourite character was Maeve. I would definitely read this book again and the book is available to read on the sora app.



Science Book of the Week



In 1815, the very first geological map of England and Wales (and in fact, the first in the whole world) was published, showing the different strata of rocks throughout the country. Incredibly, this map was created by a single man using his amazing knowledge of fossils... the father of geology, William Smith

Read this if you like:

Fossils
Geology and rocks
History



MFL Stars of the Week

Year 7 – Ryan Leonard

Year 8 – Kate Powell

Year 9 – Jay Usher

Year 10 – Rosie Higginson

Year 11 – Sky Jonson



MFL Crucial Knowledge phrase of the week



Spanish

'en mi opinión la ensalada es deliciosa'
{In my opinion salad is delicious}

French
'dans ma ville il y a deux centres de recyclage'
{In my town there are 2 recycling centres...}



German

'Ich mag Englisch aber Ich liebe Deutsch'
{I like English but I love German}



Italian

'La mia casa è vecchia e ha cinque camere...'
{My house is old and has 5 bedrooms...}



MFL Notices

Important

- ❖ **Thursday** – MFL homework club
(all years & languages)
- ❖ **Thursday** – Y11 French Booster
- ❖ **Friday** – Y11 Italian Booster

MFL LEADERS

WANTED: MFL News Writers

If you are interested, or have any questions, please talk to or email Ms Rutter at:

irutter@ccsc.staffs.sch.uk

KAHOOT

006299190

B1 - Cell organelles

006010735

C8 Gas tests

009620567

P1 Energy

WEEK 19 (3.5)

CCSC Maths Kahoots!



Scatter Graphs

0232674

Averages from a Table

0471547

GCSE Questionnaires

07624436

Enter your name and year to receive Event Logs if you are on the leaderboard!

Don't forget to log into Educake every week and complete your weekly Quizzes

A good start to the year on educake!!! 16,656 Questions completed by 452 students

	Questions Correct %	Questions Attempted	Best Class
Year 7	60.6%	6,062	7/1x Double
Year 8	63.1%	2,716	8/2y & 8/3
Year 9	58.3%	861	9/1y Double
Year 10	64.8%	4,711	10/1y Double
Year 11	70.3%	2,215	11/1x & 11/2x
Whole School	63.4%	16,565	



Student	Year	Class(es)	Qs Answered	% Correct
1 Liberty Salt	9	9/1y Sci	415	61%
2 Pippa Barlow	7	7/1x Sci	362	50%
3 Arif Ahmed	11	11/1x Sci	215	78%
4 Lilliah Miller	7	7/1x Sci	174	37%
5 Poppy Blackshaw	8	8/2y Sci KE	169	65%



Mr Farr took some of our wonderful Year 9 pupils to Birmingham University for the Big Physics Quiz! CCSC are competing against 17 other schools from around the country - six rounds of questions including a specialist round on astrophysics.



One of our CCSC Teams won a prize!

Well done to all who attended the Big Physics Quiz with Mr Farr today. You did us proud and our staff said the behaviour and enthusiasm was impeccable!



So you want to be an **Aid Worker**...

Careers Profiles

Work overseas in areas that have experienced disasters.

- Provide emergency food and supplies
- Provide transport for people in need
- Oversee the distribution of goods
- Train others



How to **become** an **Aid Worker**:

University – a relevant degree e.g. medicine / languages / education / engineering
Volunteering/Direct application – to get paid work, you often need to volunteer first.

Entry requirements: A Levels or equivalent if you plan on getting a degree.

Salary – between **£17,000–£29,000**

To find out more .. click [HERE](#)

Open Evenings – 2021- 22

Newcastle College

<https://nscg.ac.uk/events/newcastle-openevents>

- Saturday 7 May 2022, 10am – 12 noon
- Saturday 19th February 10am– 12 noon

Stoke on Trent College

<https://www.stokecoll.ac.uk/open-events/>

- Saturday 12th March 2022, 10am – 2pm.
- Wednesday 18th May 2022, 5pm – 7.30pm.



Cheshire College

<https://www.ccsw.ac.uk>

- 1st March 5:30-7pm
- 20th April 5:30-7pm

Reaseheath College

<https://www.reaseheath.ac.uk>

Stoke 6th Form

<https://www.stokesfc.ac.uk>

Alsager 6th Form

<https://www.alsagerschool.org/alsager-6th-form/>

Kings 6th Form

<https://thekings.staffs.sch.uk/welcome-1/>

PM Training (Achieve training)

<https://www.achievetraining.org.uk/events>

Equality Training

<https://equality.training>

Martec Training

<https://www.martectraining.co.uk>

Our Apprenticeship Open Event is taking place on **Tuesday 8 February**,
5.30-6.30pm at our **Crewe and Ellesmere Port Campuses** only.

Anyone interested in attending the event can pre-register their interest
 at: <https://www.ccsw.ac.uk/events/apprenticeships-open-evening/>



Cheshire College
South & West

Have you applied for you Apprenticeship yet?

There are lots of vacancies....

<https://nscg.ac.uk/apprenticeships/apprentices/vacancies>



THE APPRENTICESHIP HUB VACANCIES

Updated 07/01/2022

BUSINESS ADMINISTRATION			
	Administration Apprentice	Traction Equipment Ltd Stafford, ST16 2NY	Wage TBC
	Business Support Apprentice	Fleet Operations Newcastle, ST5 6PA	£9,000 Per year
	Medical Receptionist/Administrator Apprentice	Middleport Medical Centre Middleport, ST6 3NP	Wage TBC
	Tenant Liaison/Scheduling Assistant Apprentice	Environmental Essentials (UK) Ltd Silverdale, ST5 6SS	£206.25 - £225.00 Per week
	Administration Apprentice	Biddulph High School Knypersley, ST8 7AR	£159.10 Per week
	Compliance Administrator Apprentice	Gap Personnel Hanley, ST1 3AU	£172.00 Per week



THE APPRENTICESHIP HUB VACANCIES

Updated 07/01/2022

	Commercial Apprentice	Copper Alloys Ltd Stoke on Trent, ST6 2EP	£129.00 Per week
	Administration Apprentice	Manor Hall Academy Trust Longton, ST3 5XA	£129.00 Per week
	Business Administration Apprentice	Etching Hill Primary School Wolverhampton, WV11 2RF	£159.10 Per week
	Hire Operations Apprentice	A.P. Webb Plant Hire Stafford, ST16 3DQ	£18,000 Per year
	Business Administration Apprentice	Langley Alloys Ltd Newcastle, ST5 0UU	£200.00 Per week
	Administration Apprentice	Martec Training Newcastle, ST5 1LZ	£137.60 Per week

01782 254287 (NULC) 01785 275660 (Stafford College)
www.nscg.ac.uk
apprenticeships@nscg.ac.uk

NSCG NEWCASTLE AND STAFFORD COLLEGES GROUP

Thanks so much to Rydale Roofing Ltd for allowing some of our Year 11s on site last week. They were warmly welcomed to the unit to have a look around their Building Futures, Stoke Project. They were set the target of building a house with a great roof structure out of sweets. Well done to Ben and Rnayo on winning the best roof structure. Thanks Rydale

NSCG | Apprenticeship Hub 2021

Watch this video to see if Apprenticeships are for you.....

<https://www.youtube.com/watch?v=NSfLtMhVHdg>

Why an Apprenticeship?

- > A real job
- > A real wage
- > A real qualification
- > A real future

Apprenticeship Benefits

Study for a qualification, whilst earning a wage

Learn real skills that employers want

Excellent progression opportunities

Learn at your own pace

Become more confident

Make new friends in college and the workplace

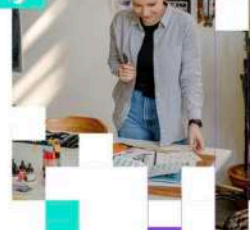
Increase your future earnings

Receive the same benefits as a full-time student

12:30-3pm
Port Vale F.C - Staffordshire University Fanzone
Fayre is a **FREE** event with local apprenticeship providers available

FAYRE

Saturday 12th February



Port Vale F.C
Staffordshire University Fanzone

Chesterton Community Sports College

'To be the best you can be'

CALLING PAST STUDENTS

Once again, we are looking to celebrate the success of our students who have gone on to achieve wonderful things in their lives.

Whether you left last year or twenty years ago, if you would like to be featured on our school Alumni Display in school please contact us on admin@ccsc.staffs.sch.uk

What we would need from you?

- Time to attend a professional photoshoot for our Alumni posters (date and time tbc – we can arrange other ways if you can't attend)
- Information sent to the above email address. We want to know:
 - Your Primary School
 - Dates you attended CCSC
 - College/Course/Career pathways
 - University (if applicable)
 - Current Career
- A quote about your career journey, any advice or how your time here supported or guided your choices.

We are looking forward to hearing from you and creating positive role models for our CCSC pupils.

if you have already provided us with information and are already part of our Alumni, we will email you over the next few days

Chesterton Community Sports College,
Castle Street, Chesterton, Newcastle-under-Lyme,
Staffordshire. ST5 7LP

T 01782 568350 | www.ccsc.staffs.sch.uk



THE CHINESE DRAGON COMPETITION

THE RMS LEADERS PRESENT..

Chinese dragons are a symbol of China's culture, and they are believed to bring good luck to people, the RMS leaders are holding a competition to create or design a Chinese Dragon!

BRING YOUR ENTERIES TO ROOM 34 BY 15TH

FEB!



Competition – Complete the Quiz to enter. Prizes and ELs up for grabs.

https://forms.office.com/Pages/ResponsePage.aspx?id=DZjmWw3xw0yN12K2EJOpZl14CvskE0tEoNJzp_muM9dUMzBTOVZHRjNOTUFBT1NQ1NKODA3S0g2NS4u

Peter Pan Auditions

8th and 10th February.
More dates will be added.

After school in room 34.

*Collect an audition pack from
Miss Owen.*

Boosters & Clubs Timetable 2021-22



	Mon	Tues	Wed	Thu	Fri
Lunchtime Clubs	See PE timetable and Lunchtime areas on the next page				
Lunchtime Boosters			GCSE PE - PS (Room 2) (Y9-11 Lunchtimes)	Learning Support Book Club Y7/8	
After School Clubs		Book Club Vocal group: LESSON X Chorus Line – choral ensemble Girls Football (All Years) Badminton (All Years) Computer Science KS4 (rm 27)	History CLUB (rm 24) Rugby (All Years) Netball (Years 7 & 8) Swimming (All Years) School radio (rm 4) STEM Club (rm 22) Drama Club	Rock School – All years – Rm 31 Netball (All Years) U16 Football (Years 10 & 11) Gardening Club History Club (rm 24)	Handball (Years 9, 10 & 11)
After school boosters	GCSE Music GCSE Independent composition – Y9-Y11	Child Development Health & Social iMedia (Drop-ins for all years) (rm 27) Food Booster (rm 16) Geography	English Literature (KS4) Science (rm 19) Film Studies (Y10/11) Food Booster (rm 16)	Sports Science (Year 10- rm 1) Y11 French (rm 2) MFL Drop-in (all langs) (rm 1) KS4 English (language) Creative Writing Camp Y11 Drama Maths (Y10 – rm 14 / Y11 – rm 11)	English (drop in) Y11 Italian (rm 33) History (rm 24)

Maths Boosters!

Tuesday
Yr10 Foundation
Yr11 Higher

Thursday
Yr10 Higher
Yr11 Foundation

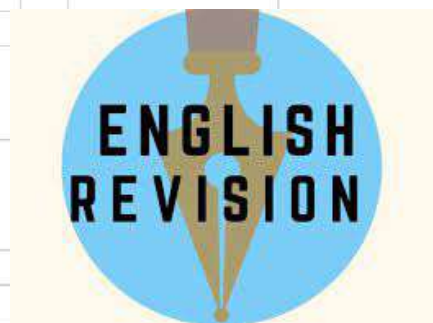
Maths Boosters!

Tuesday
Yr10 Foundation
Yr11 Higher

Thursday
Yr10 Higher
Yr11 Foundation

English Booster Focus - January to February

M	03/01			M	24/01	Meeting Time	M	14/02	Meeting Time
T	04/01			T	25/01	Lesson 6 Book Club	T	15/02	Lesson 6 Book Club
W	05/01			W	26/01	GA: AIC: Plot, Themes and Characters KDR: Film Studies (Room 8) Coursework Catch-up	W	16/02	GA: AIC Act 3 KDR: Film Studies (Room 8) Coursework Catch-up
T	06/01			T	27/01	EW: P2 Q5 (Room 5) Writing and applying skills planned/recapped last lesson KW: P1 Q5 (Room 6) Writing and applying skills planned/recapped last lesson	T	17/02	EW: P2 Q4 KW: P1 Q4
F	07/01			F	28/01	KM: Drop In (Room 9)	F	18/02	KM: Drop In (Room 9)
S/S	08/01 09/01			S/S	29/01 30/01		S/S	19/02 20/02	
M	10/01	Meeting Time		M	31/01	Meeting Time	M	21/02	Half Term Half Term
T	11/01	Lesson 6 Book Club		T	01/02	Lesson 6 Book Club	T	22/02	Half Term Half Term
W	12/01			W	02/02	GA: AIC Act 1 (Room 8) Coursework Catch-up	W	23/02	Half Term Half Term
T	13/01	Parents' Evening		T	03/02	EW: P2 Q5 (Room 5) Writing and Assessment KW: P1 Q5 (Room 6) Writing and Assessment	T	24/02	Half Term Half Term
F	14/01	KM: Drop In (Room 9)		F	04/02	KM: Drop In (Room 9)	F	25/02	Half Term Half Term
S/S	15/01 16/01			S/S	05/02 06/02		S/S	26/02 27/02	
M	17/01	Meeting Time		M	07/02	Meeting Time			
T	18/01	Lesson 6 Book Club		T	08/02	Lesson 6 Book Club			
W	19/01	GA: AIC Context KDR: Film Studies (Room 8) Coursework Catch-up		W	09/02	GA: AIC Act 2 KDR: Film Studies (Room 8) Coursework Catch-up			
T	20/01	EW: P2 Q5 (Room 6) Answering the Q, planning, revision of DAFOREST and 9 Steps KW: P1 Q5 (Room 6) Answering the Q, planning, revision of SMARTPERSON and Freytag's		T	10/02	EW: P2 Q4 KW: P1 Q4			
F	21/01	KM: Drop In (Room 9)		F	11/02	KM: Drop In (Room 9)			
S/S	22/01 23/01			S/S	12/02 13/02				





Lunchtime Areas



	Mon	Tues	Wed	Thu	Fri
Y7 Y8	Library 1 & 2 Dance Studio	Library 1 (Y7) Sports Hall	Library 1 (Y8) Sports Hall	Dance Studio	Library 1 & 2 Sports Hall
	Cage, Dining Room, Astro				
Y9 Y10	Dance Studio	Sports Hall	Library 1 & 2 Dance Studio	Library 1 & 2 Dance Studio	Library 1 & 2 Dance Studio
	Cage, Dining Room, Astro				
Y11	Cage, Dining Room, Astro, Dance Studio				



2021-2022 Spring Term PE Extra Curricular Timetable.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Year 7 & 8 Lunchtime		Astro Sports Hall - LEH	Astro Sports Hall - DP	Astro Sports Hall- AG	Astro Sports Hall- LEH
Year 9 & 10 Lunchtime		Astro Sports Hall - DM	Astro GCSE PE Booster- PS (Room 2)	Astro	Astro
Year 11 Lunchtime	Astro Sports Hall- SB	Astro	Astro GCSE PE Booster- PS (Room 2)	Astro	Astro
After School (3:05-4:00pm)	Staff Meeting Night Dance- (All Years) DP.	Girls Football (All Years)- AG Year 8 Boys Football- PS/RD Badminton (All Years)- LEH Swimming (All Years)- SB	Rugby (All Years)- LEH. Netball Fixtures- SB Swimming (All Years)- AG	Netball- 3:10pm- 4:10pm (Years 7, 8 & 9) -SB Netball- 4:10-5:00pm (Years 10 & 11)- SB Sports Science Booster (All Years- Room 1)- AG	GCSE PE Practical Club (Years 9, 10 & 11)- PS/LEH.



Year 7 netball – Massive well done to our year 7 netball team who played their first ever league game for CCSC on Wednesday evening against STB. The girls were fantastic and played some lovely netball. Well done girls, we can't wait to see how you get on with future games! Special mentions go to Freya who won player of the match and to Leah who has been named year 7 team captain!!!

Netball fixtures Next fixture at CCSC is for **year 8** on **Wednesday 9th Feb** against The Kings and STB.

Year 11 don't forget to **collect a letter** for the staff vs pupils match on **Monday 14th Feb** after school.

Good luck to all pupils taking part in the **swimming gala on Friday at Newcastle Under Lyme School**. If you are swimming in the gala make sure you are at training on Tuesday and Wednesday after school.

Year 10 Sport Science pupils – don't forget you have coursework deadlines next week please check your teams pages **and ensure your work is handed in on time!**

🌟 English Stars Of The Week 🌟

KM: Aimee Shaw 11/2x – for a dedicated learning approach, applying herself fully and making the most of the tutoring sessions! Well done 😊

EW: Theo Matthews Y8 – Theo always puts his best efforts into every English lesson, producing quality work and making fantastic contributions to lessons. xxx

KDR: Lexxi Ingram Y11 – Lexi has produced some beautiful work in Film Studies this week looking at Rabbit Proof Fence 😊 Well done, Lexxi!

KW: Demi Williamson 11/1X – Putting a massive effort into independent learning which is lovely to see! 😊

RF: My star of the week is Preston Timmis (7/3) for putting so much effort into improving his writing and using higher level vocabulary.

GA: Will Austin (8.2x) for consistently going above and beyond in all aspects of his English lessons. Will also regularly uses his own time to research the topics we are studying. A real credit to the group!

SW: For applying himself fully every lesson, even with cover teachers. This shows a really mature attitude to learning and **both Mrs Waterhouse and Mrs Melvin were really impressed. Well done, Logan.**

CHESTERTON COMMUNITY SPORTS COLLEGE



WHEN IS IT?

Departing the UK on Friday 30th December 2022, arriving back in the UK on Friday 6th January 2023.

WHERE TO?

Skiing will be in the resort of Pila, in the Aosta Valley in northern Italy, staying at the Hotel Casale.

HOW MUCH DOES IT COST?

The total cost of the trip is £940, which includes everything shown opposite.

HOW DO I BOOK MY PLACE?

To book your place, please pay a deposit of £100 no later than 1st February 2022 via parentpay. For more information, please see Mrs. S Hawkins or Mr. Powell.

WHAT'S INCLUDED?

- 5 nights' half board accommodation with hot snack lunches on the mountain
- Return travel executive coach
- 5 day ski course including 24 hours tuition with fully qualified English speaking instructors
- Ski and boot hire
- 5 day lift pass for Pila
- An exciting and varied après-ski programme
- Comprehensive winter sports insurance



01623 456333 schools@interkati.co.uk interkati.co.uk/schools
Interkati Schools and Colleges, 8 Acorn Business Park,
Commercial Gate, Mansfield NG18 1EX



Lesson X Every Tuesday in the Hall

Week	Date	Lesson X
15	4 th Jan	No lesson
16	11 th Jan	Karaoke
17	18 th Jan	Meditation & Yoga
18	25 th Jan	Art (Coloring & Painting)
19	1 st Feb	Just Dance
20	8 th Feb	Bingo
21	15 th Feb	Life Skills



Bronze

Silver

Gold



You are never alone. Reach out to someone you can trust.

There is always light at the end of the tunnel



SCAN ME

BE KIND TO YOUR MIND



SCAN ME

VISIT OUR INSTAGRAM FOR TIPS AND SUPPORT

FEELING SAD, LONELY OR UPSET? SPEAK TO SOMEONE YOU TRUST



Conditions

Stress: This is how you normally react when you feel under pressure. It is good as it helps you reach your goals and achievements. However, if it gets too much then it can become bad to both your mental and physical health.

OCD (obsessive compulsive disorder): Very common, this is having obsessive thoughts and compulsive behaviours.

Panic disorder: Feeling stressed, anxious, and panicking on a regular basis with no obvious cause or specific time frame.

Anxiety: Anyone can experience this. It's when you feel worried and fearful. It can get bad when you feel it constantly with no control, which affects your life daily.

Depression: When you feel down and sad for long periods of time i.e., months. You should not see this as a sign of weakness and seek help.

General eating disorders: When food is used to cope with different situations. This includes unhealthy eating, either eating a lot or a little. Can be caused by worrying about how you look.



Symptoms

Stress: Behaviour changes - Headache - Problems concentrating - Dizziness - Feeling overwhelmed - Irregular eating - Stomach problems - Anxiety - Irregular sleeping - Muscle cramps - Forgetfulness - Irritability - Chest pain

OCD: Obsessive thoughts - Compulsive behaviour - Emotional distress - Hoarding - Severe anxiety and distress - Fear of getting dirty - Cleaning - A need for orderliness or symmetry - Handwashing - Checking - Constantly asking for reassurance

Panic Disorder: Chest pains - Fear of dying - Nausea - Chills - Heart palpitations - Feelings of choking - Hot flashes

Generalized Anxiety Disorder (GAD): Severity of symptoms vary depending on individual. Dread - Feeling constantly on edge - Irritability - Restlessness

Depression: Feeling sad, hopeless, and losing interests with things you used to enjoy. It is common, and the symptoms can be very complex. These symptoms usually last for weeks or months and can affect with your daily life.

Potential causes

Many different things can cause mental health problems. In most people, there is a combination of factors that lead to poor mental health, such as:

- Early traumatic life experiences like childhood abuse, trauma, neglect, witnessing violence
- Medical conditions/health issues
- Misuse of drugs or alcohol
- Feeling of loneliness
- Genetics or chemical imbalances in the brain
- Bullying (in person / cyberbullying)
- Having separated or divorced parents
- Changing school or moving home
- Coming from a poorer background
- Discrimination
- The death of someone close to you
- Pressure to conform with peers
- Exploration of sexual identity
- Sexual violence



Available Treatment

Antidepressants

Usually used to treat depression and anxiety. They can help with sadness, hopelessness, lack of energy, difficulty concentrating and lack of interest in activities.

Antipsychotics

Used for psychotic disorders like schizophrenia. They can also be used to treat bipolar disorders or when used with antidepressants to treat depression.

Mood stabilisers

Used to treat bipolar disorders, mood swings and depression. Mood stabilisers can also be used with antidepressants to treat depression.

Anti-anxiety medication

Used to treat anxiety disorders, like generalized anxiety disorder or panic disorder. They help with symptoms such as panic attacks, or extreme fear and worry.

Cognitive Behavioural Therapy (CBT)



Used to treat depression and anxiety but can also be useful for other mental health problems. Usually done in person, it focuses on how your thoughts, feelings, and actions, are connected and how they affect each other. CBT aims to stop the cycle of negative thoughts and help you better understand your actions.

Self-help



Sleep: Having a good sleep routine can make it easier for you to sleep. Avoid using your phone before sleep, as this can mess with your sleep cycle. Avoid eating and drinking the wrong things before you go to sleep, like energy drinks.

Eating healthier: Cutting out unhealthy foods and picking healthier options can make you feel better. So maybe swapping out that chocolate you were going to have and have some fruit. You can still eat your favourite treats, but it's trying not to eat as much of them.

Stress and worry: This can affect your mood by making you feel down or panicked. If you are finding it overwhelming speak to someone like your family or even your teachers. Also, realise what you can control: if a friend isn't texting you back, you can't control that, but if you've got a test and you think you're going to fail you can study or ask for help.

Exercise: This helps you keep your body healthy and your mind too. Many people find it helps them to clear their mind and de-stress. You don't need to be lifting weights, it can just be as simple as going for a walk.

Signposting

Go and see your pharmacist or GP for more information on mental health support.

If you're in a crisis, please don't suffer alone get help **NOW!**

Campaign Against Living Miserably (CALM) Tel: 0800 58 58 58 | www.thecalmline.net/ A leading movement against suicide | Helpline and webchat - 7 hours a day, 7 days a week.

Stay Alive App www.prevent-suicide.org.uk/find-help-now/stay-aliveapp/ | An app for those at risk of suicide or those worried about someone else.

Childline Tel: 0800 1111 www.childline.org.uk/ | Childline counsellors available online or on the phone from 9 am - midnight.

Mix Tel: 0800 808 4994 | www.themix.org.uk/ For under 25-year-olds | Support with mental health, money, homelessness, finding a job, relationships, and drugs.

Young Minds Tel: 0800 802 5544 - parents' helpline | www.youngminds.org.uk/ | Online information and advice to support children, young people, and their parents.

Five Ways to Wellbeing - NHS <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

North Staffordshire urgent mental health helpline: call 0800 0 328 728 option 1 (covers Stoke-on-Trent, Newcastle-under-Lyme, Staffs Moorlands).

Louis Stanyer an ex pupil of CCSC is currently at Keele University in his 4th year of pharmacy. He is undertaking a group project on mental health and early stages of self harm. He has kindly shared his work with us all.



THE RETURN OF...

CCSC RADIO

All years welcome *Get involved!*

EVERY WEDNESDAY 3.15-4.15

ROOM 4- MRS CAPPER

WANTED: PRESENTERS, PRODUCERS, EDITORS, SCRIPT WRITERS AND MANY MORE!



CCSC Radio is back ☺

Listen out weekly episodes here.....

<https://www.mixcloud.com/bishibashi/>



Garden Club

Thursday 3.15 – 4pm

We'll be in the workshop again this week, finishing off our model veg planters – ready to start making the real things soon! You can still come even if you haven't been before or been for a while ☺

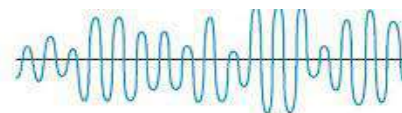


Radio works **by transmitting and receiving electromagnetic waves.**

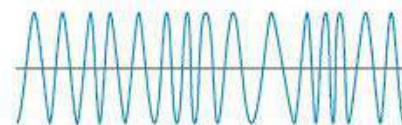
The radio signal is an electronic current moving back and forth very quickly. A transmitter radiates this field outward via an antenna; a receiver then picks up the field and translates it to the sounds heard through the radio.

The difference is in how the carrier wave is modulated, or altered.

With **AM radio**, the **amplitude**, or **overall strength**, of the signal is varied to incorporate the sound information. With **FM**, the **frequency** (the number of times each second that the current changes direction) of the carrier signal is varied.



AM — Amplitude Modulation



FM — Frequency Modulation

FM, which stands for Frequency Modulation, is one of the radio broadcasting systems in the UK. FM will continue to be used until 2030 and uses frequencies from 87.5 MHz to 108MHz. VHF (Very High Frequency) radio waves usually do not travel far beyond the visual horizon, so reception distances for FM stations are typically limited to **50–60 km (30–40 miles)**.

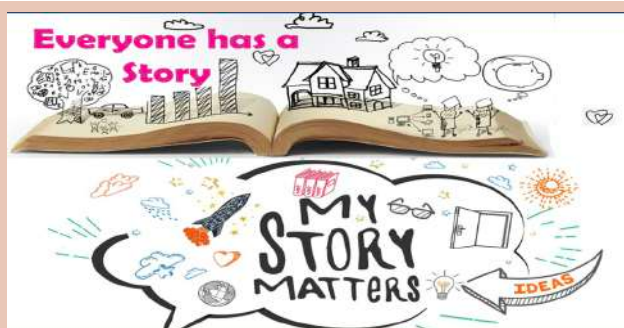


The way that people are listening to radio and music content in particular is changing rapidly although the UK will keep it's FM broadcasting system until at least 2030 with digital radio already more widely used. On-line or internet radio is digital wherein the information is sampled and expressed as a number which is the amplitude of the voice or music.

heart
turn up the feel good!

Theme of the week

Stories



Don't forget to check you emails and Teams daily to complete your homework quizzes!



LGBT Month, 8th Safer Internet Day, 13th World Radio Day.

Have an idea, event or news that you want to share in next week's edition please email

Miss Edwards kedwards@ccsc.staffs.sch.uk