

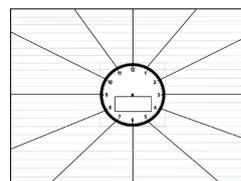
Dear Parents,

As you would expect, one of our priorities is to prepare all pupils more thoroughly for linear exams. In Summer 2019 virtually all subject grades (9-1) will be based on exams only; coursework and controlled assignments are no longer part of final assessment. Don't you wish you were taking exams again!? Here is some old and new advice about how Year 11 pupils can prepare for their mock exams.

- Ensure your **child starts revision early**.
Last minute 'cramming' creates stress, overload and does not work. Year 11 Mock Exams begin next week.
- Every child needs a **revision plan** indicating when/where the 're-learning' occurs. Every Year 11 pupil has one of these.



1. The **first stages of revision** is called '**encoding**'.
This is when the information is put into short term memory. Using revision cards and the 'revision clocks' are good for this.
2. The **second stage of revision** is called '**consolidation**'.
This is where meaning is given to the memory and connections can be made. This can involve 'memory for learning' techniques such as mnemonics.
3. The **third stage** of revision is called '**retrieval**'.
This is where the knowledge is retrieved from the memory and is applied to problems/questions. This can involve self-testing, 'low stakes' quizzes, answering exam questions.



Any form of testing is beneficial, but the harder the effort, the deeper the learning. This means 'struggling' and 'grappling' with the hard questions has the most benefit.

Pupils in every year group will have to revise for tests throughout the year. We do not intend to become a 'Gradgrind' school, but we do need to prepare every pupil properly.

Finally, if you drop off your son/daughter by car, **please do not park on the yellow zig-zags or in front of residents' drives,**

SHOW YOU CARE
DON'T PARK ON THE ZIG ZAGS
YOU COULD ENDANGER A CHILD'S LIFE



turn round in the school entrance, or come into school. The traffic congestion on Woodplumpton Lane is seriously dangerous and the likelihood is a pupil may get involved in an accident caused by **inconsiderate parking**. If you are coming from Fulwood, please drop your child off on the old A6 and make them walk. The exercise is good for them. I can see many parents already do this and your support and consideration is much appreciated.

The **first of two Year 11 Parents' Evenings is on Thursday 29th November 2018** and we look forward to seeing all parents of Year 11 pupils.

As always, if you are happy or unhappy with any aspect of life here at Broughton, please do not hesitate to get in touch. My email address is morrisc@broughtonhigh.co.uk.

Chris Morris, Headteacher

Year 11 Parents' Evening
PTFA Year 7 Family Social Evening
Carol Service at Broughton Church
Christmas Concert at Broughton High School
School closes for Christmas

Thursday 29th November 2018
Thursday, 13th December 2018, 6.30pm-9.00pm
Monday 17th December, 6.30pm-7.30pm
Tuesday 18th December, 7.00pm
Friday 21st December 2018 at 1.00pm

DO NOT LOSE YOUR KIT!

We would like to remind parents that **ALL items of PE kit, including socks and bags, should be labelled.**

It would be useful if the bag could have a distinguishing feature, key-ring or label, as it is surprising how many pupils have the same bag.

Please would parents remind **pupils** that it is their **responsibility to check that they have their own labelled kit and bag** and know where they have left it, be that on the bag rack, classroom, locker, bus or under the bed! Thank you.

LABEL IT!

LABEL IT!

LABEL IT!

Carol Service

Broughton Church
Monday 17th December
6.30 - 7.30pm
All welcome

Christmas Concert

Broughton High School
Tuesday 18th December
7.00pm

Broughton High School PTFA warmly invite you to their

Year 7 Family Social Event

Join us for a fun night of (easy!) quiz questions

Tickets: **£5** per family
including buffet

Bring the whole family .

The bigger your team, the more chance
you have of winning!

Thursday 13th December 2018 at 6.30pm

Save the date

Further booking details to follow

QUIZ NIGHT



Preston parkrun

On Saturday 24th November, twelve Broughton pupils braved the cold weather at 9am to complete the Preston parkrun at Avenham Park. All pupils showed true grit and determination to finish the hilly 5k route in style. Training sessions for the parkrun were held every Tuesday after school for six weeks and up to twenty runners have attended the sessions. On our penultimate training session, a member of the public said 'Your pupils are a credit to the school and have such wonderful manners.' High praise indeed! Miss Klunder, Miss Southworth and the retired, Mr Stockley, took part too.

I would like to thank the parents who provided transport for their children and Miss Klunder and Miss Southworth who supported the training. Finally, we must not forget that 'parkrun' is organised every week by volunteers. On behalf of our pupils, I would like to thank the wonderful team of volunteers, which includes a number of Broughton's parents. They are so generous with their time on a Saturday morning and without them, such a great community event would not be possible.



Mrs Lees

Sporting News - Girls' U14 Football

On Wednesday, the girls' U14 football team played Unity College at home in the Lancashire Cup. Despite the freezing cold weather, the girls were as enthusiastic as ever and started the game with confidence.

It was not long before **Eleanor Noblet** put Broughton 1-0 up with a great finish into the side netting. This drove the team on and Unity could not handle the attacking force of Broughton. **Leah Whitear** got a brace to make it 3-0 at half time.

The second half continued to be dominated by Broughton, with **Cara Astley** having little to do in the Broughton net. **Eleanor Noblet** scored another to join **Leah** on a brace, and then **Macy Darley** and **Emma Mews** scored to reward their efforts in midfield.

The score finished 6-0 to Broughton, sending the **girls through to the quarter final of the Lancashire Cup** where they will face either Archbishop Temple or Shuttleworth. Well done girls!



Team

Macy Darley, Abigail Harrison, Cara Astley, Eve Burrow, Katy Redmond, Khadijah Issap, Emma Walsh, Emma Mews, Monae Hetherington-Smith, Sarah Reid, Eleanor Noblet, Leah Whitear.

Mrs Rukin

Mental Health and Wellbeing in the Library

Did you know that reading can benefit wellbeing? Research by the **National Literacy Trust** shows that 'children who enjoy reading are three times more likely to have good mental wellbeing than children who don't enjoy reading'.

We all know that a joyful book can lift the spirits and make us laugh. Not only does immersing ourselves in a good book help us to relax and forget about the stresses of the day (according to research at the University of Sussex, reading can reduce stress levels by as much as 68%) but reading about other people and other situations could also help aid the development of empathy and understanding. Reading a book relevant to our own situation may even help us feel a little less alone.

To this end, the library at Broughton now has a permanent 'Shelf Help' display. With non-fiction covering lots of different areas connected to mental health and wellbeing, from self-esteem, information on a range of disorders and managing anxiety to coping with exam stress and practising mindfulness. We also have a range of fiction titles which deal with the subject of mental health and, as always, a wealth of other fantastic reads.

If you are looking for books for young people on a particular area of mental health and wellbeing then why not try:

- www.wordsforlife.org.uk/wellbeing
- www.reading-well.org.uk/books/books-on-prescription/young-people-mental-health
- [Visiting your local library](#)



Mrs Whitlock

Year 9 pupils took part in a full day of activities at the Hospitality and Catering Experience Day at Runshaw College. Activities included making non-alcoholic cocktails, topping millionaires' shortbread, shaping sausage rolls and completing garnish techniques. Year 9 pupils also observed preparation skills of sectioning a chicken and fish and watching crepes Suzettes being flambéed. It was an action-packed day which all the pupils thoroughly enjoyed.



Year 9 pupils: Emily Cutting, Molly Parkinson, Charlotte Chan-Wenske, Emily Baines, Bethany Andrews, Liyaa Akbar, Emelia Barker, Jenna Culshaw, Hugh Gleave, Azel-Avez Shahid

Mrs Newton

Sporting Success - Taekwondo

Freida Gilliat (10C) took part in the European Taekwondo Championships in Bradford at the weekend. We were delighted to learn that Freida, who was competing at Black Belt level, came home with a **Gold medal for Sparring** in her category. Taekwondo Sparring is similar to kickboxing.

Very well done, Freida.

Mr Bailey



Revision Techniques

Active revision is the key!
Reading through notes is not good enough.



Did you know that creating things dramatically helps your memory and retention skills?

Singing or chanting!

- Reciting things again and again does seem to help and even more if it is to a sing song tune.
- Take a line of text from one paragraph and fit it to the tune.
- Add the next line, and so on for a whole paragraph. Keep checking the text at this stage!
- Keep singing it over and over until you can cover the text and sing the song without referring.



Root of the Week

A root word is a word or part of a word which can form the basis of new words, through the addition of prefixes and suffixes. Understanding the meanings of common word roots can therefore help you work out the meanings of new words when you come across them. If pupils use the Root of the Week correctly in any form and label it, they will be awarded a point on ClassCharts.

TORT (turn)

Origin: Latin, *tortus* ("twist")

contort: to twist or bend out of shape

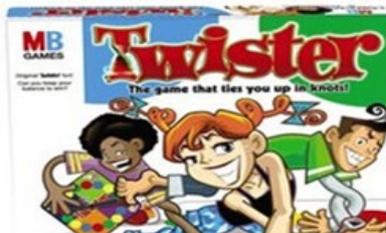
distort: make crooked; misrepresent

retort: to make a sharp answer

tortuous: twisting, winding, crooked

extort: to gain by force, threats, or abuse

torsion: the act of twisting





Anti-Bullying Week 2018: Choose Respect

Anti-Bullying Week 2018 was held between the 12th and 16th November.

The theme for this year's Anti-Bullying Week is to **choose respect over bullying**.



The aims are to aid understanding of:

- **The definition of respect**
- **That bullying is a behaviour choice**
- **That we can respectfully disagree with each other i.e. we don't have to be best friends or always agree with each other but we do have to respect each other**
- **That we all need to choose to respect each other both face to face and online**



Last week, **assemblies** were held in school on this theme.

I Choose, You Choose, We Choose Respect

Choose Respect, it's Fundamental,
Essential in life and elemental,
Without it, relationships can be temperamental,
Which can end up being detrimental,

Choose to Respect everyone's perspective,
A difference in opinion, that's our prerogative.
Listen to others and be appreciative,
Rather than inconsiderate and argumentative,

Choose to respect their equality,
Regardless of their gender or sexuality,
Their way of life, or nationality,
Life should contain no exclusivity.

Choose to respect the disrespectful,
Don't allow them to feel powerful,
Don't fight back with words that are hurtful,
Or act impulsively and end up regretful,

Choose to respect the disrespected,
Respect is something that is reflected,
Respect can prevent someone from feeling dejected,
Respect is a cycle that is interconnected,

Choose to make respect an easy decision,
Choose inclusion without persuasion,
Choose tranquillity over aggression,
Choosing respect should take little comprehension
We choose respect as a mutual decision,
Made by us with no deliberation

I Choose
You Choose
We Choose Respect

Broughton Village
Christmas Tree Lighting
Thursday 29th November
at 6.30pm

Carols sung by
Broughton Parish Choir
& Broughton CofE
Primary School Choir

At the corner of King George V
Playing fields, Garstang Road,
Broughton

To be followed by
refreshments
at Touch of Spice

Everyone welcome to this community event!