

Dear Parents,

Welcome back after the half term break. The Friday before the holidays I met with several Year 7 pupils who received a Headteacher's Special Award for their commendable work ethic and sustained improvement over recent months.



Review 2 – Headteacher's Special Award

7B	Dougie Harmer	7N	Lewis Sanders
7C	Joshua Dawson	7R	Harry Ferguson
7H	James Clarke	7S	Luke Littlechild

I shall be meeting pupils from other year groups who have demonstrated similar admirable qualities. There is an obvious correlation between effort and success.

You may have read a recent study by Researchers at University College, London under the headline '**Children who sit too much more likely to get depressed**'. Researchers discovered that **between the ages of 12 and 16, physical activity declined, while sedentary behaviour increased**. The survey found that the average time per day spent on:

- sitting still rose from seven hours to eight and a half.
- light activity decreased from approximately five and a half to four hours.
- moderate to vigorous activity "remained stable".



They found that for every additional hour a day spent sitting still at the ages of 12, 14 and 16, the participants' depression score rose by 11%, 8% and 11% respectively. With light activity, their depression score fell by 9%, 8% and 11% respectively. Unsurprisingly one of the authors concluded, "We should be encouraging people of all ages to move more, and to sit less, as it is good for both our physical and mental health." As experienced parents, you do not need to read such a report to know all of this is good, old-fashioned 'common sense'. How often have you said, "Get some fresh air", "Get off that phone and go outside", "When I was your age, we used to play outside all the time" (this always goes down well). You are right. Try and encourage your son/daughter to go for a walk!!! (Needless to say, this will not be with you – unless it is 100 miles away from Preston). As you are aware, we have a strong commitment to sport here at Broughton. However, to be even more inclusive, we will be organising another '**Fitness Friday**' which will be an opportunity for **all** pupils to participate in some light physical activity at some point during the day.



The overwhelming majority of your sons and daughters wear their school uniform with considerable pride and they look extremely smart on their way to/from school. Our next **full school uniform inspection** is scheduled for tomorrow, **Tuesday 25 February**, when teachers will be checking everybody's appearance. In particular, we will be inspecting to see if:

- **ties are knotted** correctly and worn to the waistband
- every pupil is wearing the **correct black shoes** (nothing resembling a trainer)
- skirts are **knee length**
- **no jewellery is being worn**
(only a single pair of plain stud earrings, in each ear lobe, allowed)
- **no make-up**



There will be appropriate sanctions for pupils who do not comply with our uniform expectations. Everybody is routinely reminded about our uniform expectations and we have no intention of allowing our high standards to slip. Your support with uniform is very much appreciated.

Finally, I look forward to seeing all parents of Year 7 pupils at **Thursday's Year 7 Parents' Evening 4.15-7.15pm**.

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

External Examinations May/ June 2020

All Year 11 pupils and also Year 10 Set 7 English have been given copies of their summer external examination timetables.

All examination candidates must be available up to and including the JCQ contingency date of 24th June 2020.

Mrs Follett is on hand to answer any exam related enquiries. Her email address is:
folletta@broughtonhigh.co.uk.

Drama News – Stage Combat Workshop

Year 10 and Year 11 Drama GCSE groups took part in a Valentine's Day event with a difference. Instead of hearts and flowers, they took part in a stage combat workshop. Under the expert guidance of Squire Stage Combat School, pupils learnt how to create the illusion of combat for performance. It was an exhilarating, robust and challenging experience.



The cast of our forthcoming production of 'Lord of the Flies' had a further workshop to help choreograph the climatic scene of the play.

The play demands a vivid depiction of the savage side of humanity and the pupils rose to this challenge and are excited now about presenting this performance in April.



All pupils appreciated how dramatic movement and interplay were entwined to produce an exciting and realistic effect. Everyone who took part thought it was extremely worthwhile and thoroughly enjoyed it.

Mrs Fahey

Year 7 Parents' Evening

Year 11 Parents' Evening and "Help your child revise" sessions

Year 9 Parents' Evening

Thursday 27 February

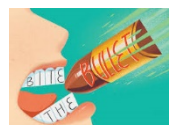
Thursday 12 March

Thursday 26 March

PTFA Meeting

Wednesday 1 April at 6.30pm

All Welcome



1. **Cost an arm and a leg. Meaning: to be expensive.**
Origin: The cost of having your portrait painted in the 18th Century was not based on how many people were in the picture, but how many limbs were painted. The cheapest option was to have only your head and shoulders painted. The price increased as the portrait became larger with the inclusion of arms. A 'top of the range' portrait included legs!
2. **Pull out all the stops. Meaning: to make a great effort to achieve something.**
Origin: The phrase refers to the 'stops' or knobs inside a pipe organ. These stops control the loudness and tones of the instrument. When all are pulled out, the organ can play all the notes simultaneously, thus achieving the maximum possible volume from the instrument.
3. **Play it by ear. Meaning: rather than adhere to a defined plan, you will see how things go and decide on a course of action as you proceed.**
Origin: This saying has its origins in music as "playing something by ear" means to play without reference to notes on a page.
4. **Know the ropes. Meaning: someone who "knows the ropes" is experienced at what they are doing. "Showing someone the ropes" means to explain to them how something is done.**
Origin: The phrase has its origins in sailing, when understanding how to handle the ropes was necessary to operate a ship and its sails was an essential maritime skill.
5. **Bite off more than you can chew. Meaning: if you "bite off more than you can chew", you have taken on a project or task that is beyond what you are capable of.**
Origin: The saying dates back to 1800's America when people chewed tobacco. Sometimes the chewer would put more into their mouth than they could fit!
6. **Straight from the horse's mouth. Meaning: receiving information directly from a reliable source.**
Origin: This is reported to originate from the 1900s when buyers could determine a horse's age by examining its teeth.
7. **Hands down. Meaning: without a lot of effort, to achieve something quite easily.**
Origin: Winning "hands down" once referred to 19th century horse racing when a jockey could remove his hands from the reins and still win the race because he was so far ahead.
8. **Bite the bullet. Meaning: to undertake a painful task or endure an unpleasant situation.**
Origin: In the 1800's patients would literally bite on a bullet to cope with the pain of having surgery before the use of anaesthetics.
9. **Running around like a headless chicken. Meaning: to continue in a disorganised manner or to do a lot of things at the same time without planning or process.**
Origin: This originates from as early as 14th century England when chickens were popularly killed by chopping their heads off with an axe! Some chickens ran around in panic, crashing into objects, despite having their head chopped off! The most popular case was of Mike, the headless chicken, who reportedly lived for 18 months after having his head chopped off!!
10. **Barking up the wrong tree. Meaning: pursuing a misguided course of action.**
Origin: Likely to refer to hunting. This saying explains when a dog would literally bark at the bottom of the wrong tree after the prey in question moved to the next tree.

Big Book Swap

Friday, 14th February, saw our last meeting with our 2019/20 **Book Buzz** group.

Fifty pupils from Years 7 and Year 8 gathered together in the library to talk about the books they had chosen from the **Book Buzz** list earlier in the year and swap books with other pupils.

A prize draw was held and five names were picked out of a hat. These pupils received a new book each (three of the books were from the Book Buzz list whilst the other two were author signed copies of 'Embassy of the Dead' by Will Mabbitt and 'The Lion Roars' by Alan Gibbons).

Bookbuzz

Our winners were:

**Poppy Liddell 7H, Tia Galbraith 7C,
Ewan Meacher 8B, Keira Harrison 8S and Harry Fleet 8S.**



A breakfast of orange juice and toast was also enjoyed by all. Thanks go to Mr Webster for his assistance and to all the pupils involved for their enthusiasm. All the book buzz books are now available to borrow from the library.

Mrs Whitlock



Food Practical Skills

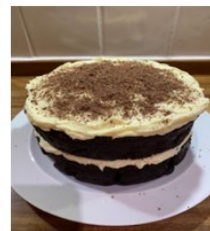
Year 8 Silver Award



Congratulations to **Charlotte Hancock** (8H) who has gained her **Silver Award** for completing eight dishes at home. Charlotte has prepared and presented a range of eight dishes to a high standard. A sample of photos are shown here.

An excellent standard, well done.

Keep on cooking!



Mrs Newton

Year 9 Pupil delivers a Food Lesson

Stephen Parkinson (9H) delivered an informative lesson on how to prepare a Hare for cooking. He gave details on how he caught and prepared the Hare before bringing it into school. In the lesson pupils were shown the different sections of the Hare, where it was shot and how to prepare them for cooking. An interesting fact is that Hare meat tastes like Lamb.



Thank you to Stephen who presented a super lesson which engaged his peers in the group.

Mrs Newton



Classical Musician

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Careers
Service®**



£23,000 - £40,000



Typical hours - 34 to 36 (a week)

You can get into this job through a university course, applying directly or through specialist courses run by private training organisations.

You'll need a high level of musical skill and talent. To develop these skills, you could get a degree or postgraduate award in classical music, music composition or music performance.

You'll need to train at a university or a music college, often known as a conservatoire. You'll usually specialise in one main instrument and study a second instrument.



Wolfgang Amadeus Mozart - one of the most influential classical musicians and considered to be one of the greatest composers of all time.

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#AskNationalCareers



Astrophysicist

**National
Careers
Service®**



£15,000 - £60,000



Typical hours - 39 to 41 (a week)

You'll need a degree and postgraduate qualification to work as an astronomer. Relevant subjects include maths, physics, astrophysics, geophysics, astronomy or space science

Many employers will expect you to have completed, or be working towards, a PhD in your specialist area of interest.

You'll usually need 5 GCSEs at grades 9 to 4 (A* to C), including English, maths and a science - 3 A levels, including maths and physics and a degree in a relevant subject for postgraduate study.



Cecilia Payne-Gaposchkin - British born Astrophysicist known for research into the composition of the Sun and observation of stars.

0800 100 900

#AskNationalCareers

GCSE Textiles

Since starting at Broughton in January, the Year 10 Textiles group have been working carefully to complete their practice NEA (coursework project) based on the theme of Tokyo 2020. They have designed and made a whole range of products, from cushions, face masks and parasols, to kimonos, dresses and saddle pads.



They have done an excellent job and the standard of practical work is really high. I am extremely proud of how much they have achieved and how independently they have worked over the last six weeks.

Well done and thank you to the pupils for their hard work.

Mrs Tillotson

Quantum Theatre Performance

Thursday 13th February marked the second performance from the travelling theatre company, 'Quantum', who came in to school to deliver a performance of Shakespeare's 'Macbeth' to Year 10 and Year 11 pupils.



Again, the performance was absolutely outstanding and the actors were even kind enough to hold a 15 minute Q & A session with the pupils afterwards in which they discussed their tips for learning quotes, their favourite scenes and their methods for getting into character. The behaviour of all pupils was again exemplary so a massive well-done to all involved.

Mr Webster

Visit by Microsoft Employees

On Wednesday, 12th February 2020, we were fortunate to have four visitors from Microsoft visit Broughton to speak to all of our Year 9 pupils during the morning assembly to explain what their work involves and how they ended up working for Microsoft.



They specifically mentioned opportunities for girls in the Computing field and encouraged girls (and boys!) to take up a Computing option for their GCSEs. We were informed that the Head of the Microsoft division in the UK is female and, despite this field still being male dominated, an increasing number of girls are entering and finding success in the industry.

Approximately fifty of our Year 9 pupils, and our Year 11 GCSE Computer Scientists, had further opportunities to hear from the visitors on the exciting Microsoft projects. From using drones to track poachers, and guiding animals away from them, to looking into futuristic hologram technology to allow surgeons to carry out operations remotely, we were fascinated to hear about what humanity can expect in the future from technology firms. Mr Yasin was rather envious when he heard about the fully paid six weeks of paternity leave that Microsoft offers its employees, amongst a whole host of other generous benefits that many technology firms offer their employees – their most valuable asset!

The visitors were also able to advise pupils on how to apply for jobs at Tech firms and what kind of skills and attributes they look out for in potential employees.

We would like to thank one of our Year 10 Computer Scientists, **Jenna Culshaw**, who enabled the visit to take place by linking us to her uncle, who was one of the visitors from Microsoft.

Mr Yasin

Sporting Success

Halle Ferguson, 10S



I was delighted to learn about **Halle Ferguson's** continued **sporting success**.

On Sunday, 23rd February, Halle competed in the **High Jump** at the English Athletics U17 Championships, held at EIS Sheffield.

Representing Trafford Athletic Club, Halle finished in **1st place**, becoming the **indoor national champion**, with a superb jump of 1.70m.



High Jump is a very technical event, requiring a great deal of training and practice. Halle's most recent achievement is very well deserved and shows her commitment to Athletics.

I look forward to hearing about Halle's future successes.

Mr Morris



Late Bus



The late bus (403) **operates every Monday, Tuesday, Wednesday and Thursday.**

The service **departs from Broughton at 4.25pm**, allowing pupils to stay late to complete school work or participate in sports activities after school.

60p per pupil, per journey.

Pupils are able to use their bus passes and return tickets.

Word of the Week

UNFORESEEN

adjective: not anticipated or predicted

Examples:

Owing to unforeseen circumstances, the football match had to be cancelled.

The unforeseen storms left the community struggling with flood water.

Use it!

Label it!

Show it!



WORDS
HAVE
POWER



Revision Techniques

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



The Cone of Learning

sparkinsight.com

*I see and I forget.
I hear and I remember.
I do and I understand.*
— Confucius



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

Mnemonics

You can use Mnemonics to help improve spelling.

Eg.

Because : Big elephants can always understand small elephants.

Parliament : People and royalty like ice cream and milkshake every night together.

Necessary : Never eat crisps, eat salad sandwiches and remain young.



Worldwise Skills Event **for Schools**

Forty of our Year 9 pupils visited the University of Central Lancashire on Wednesday 12th February for a day of language learning. They not only tried out their interpreting skills under the watchful eye of a professional interpreter, but they also had the opportunity to try out one of thirty world-leading languages for themselves.

All of our pupils learned about the ancient art of Chinese calligraphy and managed to write their names with traditional brushes and ink.

The interactive Worldwise Quiz tested the Broughton pupils on their knowledge about languages and cultures.

Congratulations to our winner **Bobby Higham**.

Thank you to all the Year 9 pupils who were excellent ambassadors for our school throughout the day.



A big thank you to all the pupils who took part in the visit,
as well as **Miss Johnson** and **Mrs Hendey**.

Ishtiaque Akbar, Eve Burrow, Rebecca Littlechild, Isaac Jones, Amaan Wadiwala, Reja Fontenell, Rebecca Wright, Lottie Carter, Armaan Sattar, Safwan Master, Adam Alker, Lauren Fishwick, Ben Gaskell, Megan Jones, Megan Lloyd, Archie Macleod, Katie McCombe, Ewan McLean, Oliver Williams, Bobby Higham, Sophie Devine, Eva Jones, Ghaleb Banihani, Beth Barker, Jacob Bott, Luke Jackson, Grace Jemson, Arran Singh, Aaisha Patel, Mahad Khan, Charley Dunnagan, Daniel Eastham, Harrison Hall, Blake Harrison, Felix Coxon, Isaac Deluce, Milena Bragagnini, Eleanor McWilliams, Honey Scott, Aaliyah Sowerby.

Frau Burke



Music Department News

The past half term has been an incredibly busy and productive time for the Music Department. Pupils in the **Year 10 GCSE group** spent the afternoon at **Manchester's Bridgewater Hall** where the Halle Orchestra performed a range of musical extracts from works dating from the Renaissance right the way through to a spine-tingling performance of the Star Wars Theme by John Williams. A number of works related to the pieces being studied at GCSE were performed, and the pupils found the afternoon very useful and enjoyable.

The following week we had the privilege of being invited to attend a **'Big Band Experience' workshop at Runshaw College**. **Megan Sloan, Niamh Atwal-Weir, Lola Kopydlowski, Aaron Allen and Erin Kopydlowski** spent the afternoon rehearsing with staff and pupils from Runshaw. The pupils then performed in an **evening of jazz** at the college and impressed staff, pupils and parents alike with Runshaw's Head of Music, Media and Performing Arts describing our pupils as outstanding young musicians.

As Head of Music, I am incredibly fortunate to work in a school that is so supportive of the arts, music and music technology. This has enabled me to continue pushing the department forward with both curriculum and resources. Our pupils return from the half term break being able to use some **fantastic new industry leading Zildjian cymbals**, which will also benefit our ensembles. Apologies to the history department (who are at the end of the corridor!)



Talking of lots of noise, some of our **Year 8 and 9 pupils** took part in a **samba drumming** workshop courtesy of Ben McCabe from the 'More Music' charity and Lancashire Music Service which was an exciting experience and something some of our pupils have never experienced before. Mrs Englishby got involved with some impressive percussion playing! Ben returns this week to continue working with more of our pupils.



Instrumental lessons are still available. It is never too late to think about starting to learn an instrument. Should your son or daughter be a budding trumpeter, flautist or saxophonist we also have several department instruments that can be loaned to pupils if they wish to learn. See the Music Department for more information. Please can you encourage pupils who have instrumental or vocal lessons to take part in one of our many ensembles.

Preparations for the **music tour to Salzburgerland in Austria** are at an advanced stage. Please keep an eye on your emails for any important information. We will invite parents and pupils to a meeting during this half term once the final arrangements have been confirmed.



Last, but by no means least, there have been many **instrumental exam successes** recently. Huge congratulations to the following pupils:

London College of Music: Piano - Pre-Preparatory:

**Victoria Latham, Isaac Watson, Pollyanna Rostron,
Anna Stonecliffe, Anna Smyth, Hannah Smith,
Mackenzie Sharpe, Amelia Brome, Louisa Stanley.**

London College of Music: Piano – Step 1: McKenzie Baker

Associated Board (ABRSM): Annabel Cutting - Saxophone - Copper Music Medal

Associated Board (ABRSM): Aaron Allen - Alto Saxophone – Grade 2

Associated Board (ABRSM): Milena Bragagnini - Flute – Grade 3

Associated Board (ABRSM): Ivena Stirzaker - Flute – Grade 5

Rock School Drums:

Samuel Gooch - Grade 1

Jacob Bott - Entry Level 3 (debut)

Erin Kopydlowski - Grade 2

Charlie Askam - Grade 7



As always, thank you for your incredible support of the pupils and the Music Department. It is much appreciated.

Mr Shepherd