

# The Netherhall Echo



Welcome to the half termly newsletter, bringing you up-to-date information about the School.

February 2017

This newsletter is available in large print and can also be translated into other languages on request.



## Welcome 2017

It is with great delight I announce the appointment of Mr Bailey to the position of Deputy Headteacher, Mrs Bateson to the position of Assistant Headteacher – Curriculum, Information and Guidance, Mr Bell to the position of Assistant Headteacher – Assessment and Examination and Mrs Stead, Assistant Headteacher – Teaching and Learning. All of the persons named are highly experienced, successful and very popular teachers with a proven track-record in Education. Unsurprisingly, all of the appointments have been welcomed by students, staff and parents alike.



As Headteacher of the school, I appoint talented professionals who have three distinct qualities: firstly, an unbending belief and commitment to every young person; secondly, people who have the courage of their convictions; finally, a brilliant work ethic.

This is the students' and Maryport's school. These appointments are taking the school forward at a rate not previously seen. In short, this is an exciting time for Netherhall School.

**Mr D W Tromans**  
Headteacher

## A Message from the Governors

'I am passionate about education in general and Netherhall School in particular. Education for all to the highest possible achievement is a right for all children to enable them to reach their full potential and play their part as successful citizens, parents and employees.

I have a history in West Cumbria that runs from 1972. So I know some of the challenges that the School faces. These challenges have not been helped by the continuing public sector cuts that central government has imposed on local decision makers and which takes money out of the system that was designed to support education. This is a challenge for us all. In addition the imposed re-organisation of education plays more to 'ideology' than to the efficiencies and excellence that we all seek.

Currently I Chair the Governor's Finance and Management Committee as well as the Finance Sub Committee and I am the 6<sup>th</sup> Form link Governor. We run our finances well. Our 6<sup>th</sup> Form is a credit to the School and we expect each student to show evidence of improving their knowledge and skills to achieve high results to enable them to pursue some form of continuing education.

I taught in Further and Higher Education for nearly thirty years and I was a National Chief Examiner for a GCSE subject. Before that I worked in Finance as a Certified Accountant. Please give the School whatever support you can.'

**David Peggs**  
Governor



## **Managing Medication Procedures - Important information for parents/carers**



We recognise that from time to time students may require medication within the school day. However, we do have to adhere to guidelines to ensure the safety of our students. With this in mind, we would like to point out some procedures that we must follow:

- Some students may need to take prescribed medicines during their time in school. This will usually only be for a short time period, e.g. to finish a course of antibiotics. Parents/guardians must come into school and arrange this with reception.
- Children should not be sent to school with their own medicine (prescribed or non-prescribed) as this poses a health and safety risk to other children.
- Staff will not administer non-prescribed medication i.e. paracetamol, unless there are exceptional circumstances and where there is specific prior written permission from a parent/guardian.
- If a child suffers regularly from frequent or acute pain parents should refer the matter to their child's GP.

Parents/guardians have the prime responsibility for their child's health and should provide the school with timely, complete information about their child's medical condition. If your child has a medical condition that we do not know about, please contact the school, your child's Head of Year or Mrs C Savage (Assistant SENCO).

### **Thank You to Mr McWilliams**

The school would like to say a massive 'Thank You' to Mr McWilliams – Deputy Headteacher seconded to Netherhall School for the past term and a half. He has made a great contribution to the life of the school, teaching across a range of subjects, brokering support from other organisations, supporting and mentoring colleagues, accompanying school trips and an ever-present around the school at break time, lunchtime and wishing students well whilst on gate duty at the close of the day. In other words, Mr McWilliams has thrown himself into the role 'heart and soul' and led by example at every opportunity. Unsurprisingly, Mr McWilliams has become a cherished part of the school, who is universally popular with students, teaching colleagues and parents alike.

When given the opportunity to bring someone into Netherhall School to support the progress and improvement of the school, I immediately thought of Mr McWilliams, as he is a principled, hardworking professional who always puts students at the centre of every decision; and perhaps most importantly, as in any facet of life, he is a thoroughly good person. I am delighted to say that I have been proven correct. The school is indebted to Mr Pattinson – Headteacher of Ullswater Community College, for supporting the placement and to Mr McWilliams, who has been everything I hoped he would be.



**Mr D Tromans  
Headteacher**

# Thousands of kids now own smartphones with a built-in camera and web access...

Although they may not admit it, they are also worried about things that can happen *by-phone*.

Engaging with your kids can help build the confidence & resilience they need to cope.



For example, a regular sit down meal is a great way of encouraging them to open up a little.



For kids who need extra help with new technology, *Parental Controls* can also be useful.

For example, the Parental Control *SelfieCop* teaches kids to use their phone's built-in camera safely.

It allows them to chat more freely about things they like on their phones, as well as things they don't.



*SelfieCop* reminds kids that any photos or videos they take may ultimately be seen by anyone.



*SelfieCop* also allows parents to monitor their child's images to help safeguard behaviour.

Download the *SelfieCop* apps for free at [www.selfiecop.com](http://www.selfiecop.com)



Download now at  
[www.selfiecop.com](http://www.selfiecop.com)

*'SelfieCop is a useful tool to help parents safeguard their children's online activities.'*

Andrew Jackson, AntiBullying  
Co-ordinator, ISPPC.



SelfieCop is FREE  
till mid-2016

## Internet Safety

As you all know, before we broke up for half term we delivered some hard hitting assemblies that focussed on internet safety and invited parents along too. We were accompanied by the police to talk about the current issues and problems we face with regards to social media. The aim of the assembly was to encourage students to stay safe on the internet, or any electronic device, and to raise awareness of the dangers with social media. If anyone would like some extra support or resources to help understand the dangers students face, or how to overcome these dangers, then please contact Mrs Holliday. Until then please visit the following websites:

[www.paceuk.info](http://www.paceuk.info)  
[www.cumbrialscb.co.uk](http://www.cumbrialscb.co.uk)  
[www.ceop.police.uk](http://www.ceop.police.uk)  
[www.thinkyouknow.co.uk](http://www.thinkyouknow.co.uk)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

# Parent Governor Vacancy

Dear Parent/Guardian

## PARENT GOVERNOR ELECTION

I am writing to inform you of a vacancy on the school governing body for a parent governor. Details of the process to fill the vacancy follow.

## THE NOMINATION OF PARENTS AS CANDIDATES

Each parent\* of a pupil attending the school is to be given the opportunity of putting their name forward with a view to becoming a parent governor. If you want to submit a nomination on your behalf you should do so, in writing, to the Clerk. Letters of nomination must be countersigned by two sponsors, who must also be parents of children currently attending the school. The closing date for the receipt of nominations by the school is Wednesday, 1 March 2017. Please note that incomplete nominations will not be accepted.

In the event of there being no more than one nomination, the person nominated will automatically be elected, unopposed as a parent governor.

## THE ELECTION PROCEDURE

If the school receives more nominations than vacancies, an election by secret ballot will be held as soon as possible. Each parent\* of a child who at the time of the election is a pupil at the school will be entitled to vote.

In the event of an election, the Clerk will issue all parents with further details concerning the way in which the ballot (which will be entirely secret and as fool proof as possible) is to be organised and supply the official ballot papers.

## CANDIDATES' CONTRIBUTION TO THE ELECTION

Candidates will be given the opportunity to write a short statement, which will be circulated to all parents of the school. Should candidates wish to seek support in any other way, this will be entirely their own responsibility.

Following an election, parents will be told the name of the successful candidate.

## TERM OF OFFICE OF PARENT GOVERNORS

An elected parent governor will hold office for a period of four years.

## PARENTS' PARTICIPATION

It is very important for the efficiency and effectiveness of schools that parents should be encouraged to have an active involvement in their children's education. Consequently, parents are encouraged to participate and take an interest in the election process whether as candidates or voters.

If you have any queries at this stage regarding the subject of parent governors, would you please contact the Clerk, who will be pleased to try to help you.

Yours sincerely

**Jan Clarke,**  
**Chair of Governors**

## \*DEFINITION OF "PARENT"

4. Section 576 of the Education Act 1996 defines "parent" to include:

- all natural parents, whether they are married or not; and
- any person who, although not a natural parent, has *parental responsibility* for a child or young person; and
- any person who, although not a natural parent, *has care* of a child or young person

## Year 9 Guided Choices

Year 9 are currently in the process of selecting their GCSE option subjects. Thank you to all of those parents who attended the Information Evening earlier this month, and also Parents Evening yesterday. Many new subjects have been added to the GCSE curriculum to provide a broad and balanced offer to our Year 9 students:

English Lang & Eng Lit	Maths	Science	Option 1	Option 2	Option 3	Other
GCSE English Language	GCSE Mathematics	GCSE Triple Science	GCSE French	GCSE French	GCSE Geography	PE
AND		OR	GCSE Geography	BTEC Health & Social Care	GCSE History	
GCSE English Literature		GCSE Combined Science	GCSE History	GCSE Religious Studies	GCSE Art	
			BTEC PE	BTEC Construction	GCSE Photography	
			BTEC Children's Play, Learning & Development	GCSE Food & Nutrition	GCSE Religious Studies	
				GCSE Computer Science	GCSE Graphics	

All students:

Guidance taught as 'Super Days'

RE taught as 'Super Days'

ECDL – European Computer Driving License delivered for one week within Year 10

Students should return their completed GCSE option sheets to Mrs Bateson or Mrs Irving by **3<sup>RD</sup> MARCH** please.

## Exam Notices

**Year 11 Final Mock Exams** – 20 March until 28 March inclusive – Timetables will be issued week commencing 6<sup>th</sup> March 2017.

**Year 11 Extra** English Literature Mock Examination – 6<sup>th</sup> April 2017

**Summer 2017** examination timetables will be issued week commencing 3<sup>rd</sup> April 2017

# Attendance

As a community school serving the town of Maryport, we aspire to the best possible outcomes for all those young people within our care. Attendance is key to students attaining their full potential. As I am sure you are aware, we run a banding system for clear communication of student's attendance. This is as follows:

**Green 95% plus**

**Amber 90 – 95%**

**Red 90% or less**

It is vital that all students' attendance is as good as possible and to this end we are set a target figure by the government as a whole school, of 96% or better. Across all year groups we are currently sitting at 94.4%, which is an improving figure from previous years.

We are always looking to work co-operatively with parents and guardians as we are more than aware that sometimes students are ill or have medical appointments. However, I would like to take this opportunity to ask all parents, if you do have to make an appointment for your child, please try to arrange it outside of school time so there is the smallest impact upon their education. If this is not possible, can they please attend either before and/or after their appointment so it doesn't impact upon their attendance figure.

Having good attendance is key to a young person's future, as our Year 11 students are currently finding out. Post 16 training providers all ask for their current attendance as do future employers as part of a reference. A student with attendance of 80% (even though it is a high percentage) means that they had one day off every week and, as a result, would be classified as a poor attender. This could result in an employer or training provider overlooking them at the application stage.

One of our main concerns are those students who fall in to the Persistent Absence category, although this figure is half that compared to the same period last year. Persistent Absence is set by the government as any student who misses 39 or more sessions within a whole school year (with each day counting as 2 sessions, am and pm). We look to identify the reasons for a young person falling into this category and then put in to place appropriate measures to improve their attendance. Interventions that we currently operate include interviews for the students with their Heads of Year, Attendance Officer or the Attendance Lead within school. We also arrange meetings with parents and guardians to work together to support the young person to improve the situation. As always, we rely upon a close and positive relationship with home to ensure that all of our young people have the best possible education and outcomes for their future.

I would like to also make you aware that students now have a monthly attendance tracker in their diaries. If you have any concerns or questions about your child's attendance, please do not hesitate to contact school at your earliest convenience.

**Lee Wassell**  
**Pastoral Lead Teacher**

# Year 11

There are only five months until the beginning of the Year 11 examinations. This is a seminal time for Year 11 students, a culmination of eleven years of compulsory schooling. The examinations are an opportunity for every student to demonstrate their capabilities, attain and give themselves genuine choices for their future. The key word in the previous sentence is 'their', this is 'their' time – all students in Year 11, to do 'their' best and set themselves for 'their' future.

In my experience, success is rarely achieved as a lone endeavour; it is best achieved through teamwork. In this case, I believe success for each student will be achieved through joint endeavour, the partnership between teachers, students and parents.

It is vital that students go into these exams well prepared, confident and assured they have done everything possible to secure the right outcome. I recently met with all Year 11 students and parents; the purpose of the meeting was to make explicit the actions which will best serve Year 11 in their examinations. At risk of stating the obvious the key points were:

- Attainment and attendance are directly related. If you are in lessons, you have a chance to learn. The only attendance worth striving for is 100%.
- Attainment and effort are directly related. The maxim 'We get out, what we put in' is a useful truth.
- Attainment and behaviour are directly related. Positive considerate behaviour supports the attainment of everyone in the class.

The second purpose of the meeting was to set out the school's actions for the next five months. As part of this I am delighted to state that the school has instituted an extra lesson at the end of each school day for all Year 11 students. Fourteen of the school's most highly experienced and skilled teachers have volunteered to deliver a timetable of extra classes from Monday to Friday, every school week for the lead into the Year 11 exams. For me, it demonstrates an absolute commitment by the school to the young people of Maryport, as one would expect, parents and students alike are truly appreciative.

It is also worth commenting that Year 11 students' attitude toward the prospect of an extra hour of lessons has been nothing short of brilliant. I have made it clear that all students have to attend lessons by their own volition, with the right attitude and effort. The only conversations I have had with students and parents, is about students wishing to join extra after school classes. It is evident that there is no shortage of aspiration and endeavour in Maryport, with this level of commitment and teamwork, I believe they will fully realise their potential.

**Mr D W Tromans**  
Headteacher



## GCSE Photography



This year students have been given the exciting opportunity to take GCSE Photography for the first time at Netherhall School. The course offers students a new way to express themselves creatively. Students are learning a variety of new skills through a series of workshops in Digital Photography, Photoshop and physical manipulation of imagery. Most recently students have been learning about macro photography, teaching basic principles of focus and depth of field. To further their experience of learning how to use the camera and compose exciting imagery the GCSE student are off on trip to Derwentwater and the Borrowdale Valley to capture some landscape scenes for their coursework project.



**Miss E Cooper**  
Art Department

*Photographs by Emily Huddart Cable 10CH*

# National Citizen Service



## Netherhall School selected as a Champion School by National Citizen Service

- Netherhall School has been awarded 'Champion School' status by the National Citizen Service (NCS) due to its commitment to the youth programme to date.
- Over the last 5 years, over 200 of our pupils have graduated from NCS.

We have been named a 'Champion School' after being selected from thousands of schools participating across the country by National Citizen Service, the UK's flagship youth programme for 16 and 17 year olds. The school has excelled at motivating students to take up extracurricular activities, specifically encouraging young people to attend the programme at the end of their GCSE studies in Year 11.

NCS teenagers meet other young people from different schools and take part in 3 different activities. The first is outdoor based, where they learn about interpersonal, team work and leadership skills. The second is a residential, where as a group they have to manage a budget and themselves during that week. This culminates in the final element where they stay in university style accommodation while they learn more about their community and how they can make a difference through social action projects. Following this, the young people spend 30 hours dedicated to executing their own social action campaign in the local community.

As a school, we really value the experience our young people gain from taking on the challenge of participating in the NCS programme and we look to encourage all students to take part. We have seen those who have taken part in the programme increase their maturity and confidence, which is a huge benefit to them post 16.

We feel that it's a great achievement to be given "Champion School" status. We highly value the program and the opportunities and skills that it offers our students which have been reflected by the amazing feedback we receive from our students, and the noticeable difference we see in their attitudes when they return from the programme.

On NCS, our students are taken out of their "comfort zone", meet and work with people from different backgrounds, take on new challenges and, perhaps most importantly, learn about the community and how they can make a difference. This means that not only do young people return more confident, resilient and eager to learn, they are often much more eager to volunteer and help out in their local community."

National Citizen Service is a four week programme for 16 & 17 year olds which takes place during school holidays. The programme, which UCAS recommends on personal statements, helps teenagers develop skills for work and life including confidence, leadership and resilience, whilst also expanding social networks.

Our current Year 11 students will, very shortly, be given the opportunity to take on the challenges of the NCS program and reap the rewards too. We will be actively encouraging them to become involved, sign up and make that commitment.

**Mr L Wassell**  
**Head of Enrichment**

## Sixth Form

It has been a highly busy and exciting period in the Sixth Form block. The Sixth Form Centre has been fully refurbished, decorated and carpeted throughout with a brand new kitchen installed. This has left us with a highly professional working environment and I would like to thank the site staff and painting contractors for a first class job.

In other news, we have been active in our recruitment to the Sixth Form for 2017-18 and have visited Solway School, Silloth, Beacon Hill at Aspatria, St Joseph's at Workington and attended the Post-16 careers fair at Workington Leisure Centre to advertise our Sixth Form. I would particularly like to thank Leah McArdle, Lewis McDowell, Declan Thompson and Kim Scott for their help in this process. They represented our Sixth Form student body with distinction and have played a huge role in helping boost our numbers for the forthcoming academic year.

This term has seen us set up a program of 'supervised study periods' and I would like to thank both staff and pupils for their positive attitude and co-operation in this initiative. It will come as no surprise that the old maxim "you get out what you put in" lies behind this program. With only 3 months left until the exam season it is our intention in the Sixth Form to make the most of our talents and opportunities in the time that remains to ensure first rate results this summer.

With regards to opportunities and community support, I would also like to praise our Sixth Form students for the wonderful job they have done this term in their roles as Sports Prefects where they have given freely of their time to support lower school pupils at lunchtimes. I would also like to praise Sixth Formers for their work in support of literacy and numeracy with pupils in Years 7-11, in their work in partnership with local primary schools and in their work experience commitments. The students are a credit to the Sixth Form and have much to be proud of.

Looking forward to the next term we will again have much to enjoy. Sixth Formers will benefit from revision study skills sessions in the continued build up to their public exams and Year 12 students will have the opportunity to apply for summer school courses at various universities, including those run by the Sutton Trust. We will also find out if Lewis McDowell has been successful in his application to read mathematics at the Oxford University summer school and we wish him well with that.

All in all this has been a highly memorable half term within the Sixth Form. I would like to thank all Sixth Form students for the warm reception I have received upon my return to Netherhall School. It is my great privilege to work with such a talented and hard-working group of young people and I look forward immensely to the opportunities and successes that lie ahead. I wish all Sixth Form students a restful and well-earned half term break and look forward to another fantastic session after the break.



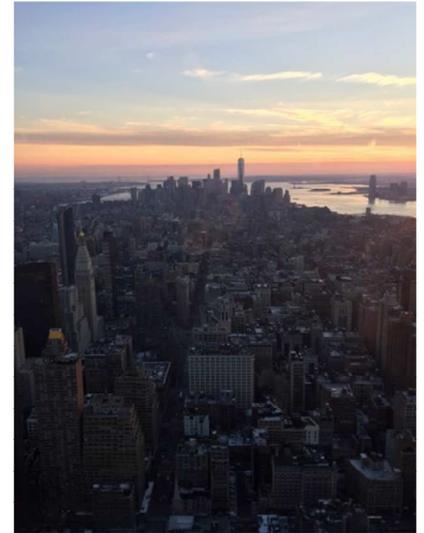
**Mr M D Bailey**  
Deputy Headteacher/Head of Sixth Form

# NEW YORK CITY

The strains of Jay Z's New York were the soundtrack on the bus, as twelve Year 13 students and two teachers headed off from the car park at Netherhall School on the evening of the 15<sup>th</sup> of January. The dark and bitterly cold night couldn't dampen the spirit of excitement and anticipation for these amazing students. This was the culmination of over a year's hard work in terms of saving and planning.



Mrs Stead had an itinerary planned down to the last detail. I was invited by Mr Tromans to support the trip and, having been to New York before, I had an idea of what to look out for to help students get the most out of the journey. Kaylen from Year 13, our Deputy Head girl, takes over the story below.



On 15<sup>th</sup> January, ten Sixth Form students, accompanied by Mrs Stead and Mr McWilliams, left the green, green grass of home for a more urban kind of wilderness: New York City. The blinding lights of Times Square and the seductive storefronts of Fifth Avenue were enough to enchant this group of students. From the moment the plane touched down on the runway, America animated even



the most exhausted of passengers. An eight hour flight full of turbulence and what seemed to be a never-ending cycle of plane food did not wear anybody out. Once the rooms were checked in to and the bags were unpacked, it was time to delve into the wonders New York held.

The experience began in the fashion in which it would continue - with a full-house order of burgers, fries and milkshakes. After such a feast, everybody was more than surprised they were able to climb the ceaseless steps of the Empire State building. Fortunately, the group made it to the top. Beautiful skylines that towered hundreds of metres above stupefied a group who were more used to St. Mary's at sundown rather than the Chrysler Building. "It's

unreal," said one student, "no photo could ever do these visions justice!" Other activities included a tour around Radio City Hall - the largest indoor theatre in the world. Even after a hurricane of facts from the tour guide, everybody left the building remembering one thing only: the stage elevator once held six elephants.



There were also trips to Brooklyn, the Statue of Liberty, Times Square and Fifth Avenue. The latter two emptied practically every pocket. Everything you have ever wanted in your life is on a shelf somewhere, in every colour, shape, size, and flavour. Not forgetting Broadway, which had many jaws dropping. *Cirque du Soleil: Paramour* left the Netherhall students both terrified and amazed. "This is the best thing I've ever seen! I couldn't breathe throughout most of it."

When it was time to return to England, nobody wanted to leave! With armfuls of ticket stubs and subway cards, it was evident that this surreal experience was going to stay with the students and teachers for the rest of their lives

**Mr McWilliams**  
Trip Leader

**Kaylen Forsyth**  
Year 13

## Prayer Station

Churches Together across the UK hold an annual week when they come together to pray for unity. This week was during January 2017 and in the Maryport area schools were given the opportunity to reflect on barriers to unity and explore what working towards peace would look like in their lives.

The prayer station that was offered to the students at Netherhall was a shelter, reflecting the plight of millions of people worldwide who have been affected by war and conflict in the past year, forced to flee their homes and communities. The station encouraged the young people to empathise with the plight of refugees around the world and also to help them reflect on how we could be a hospitable community to those asylum seekers who will be coming to live in Cumbria as part of the UK agreement. The students responded really well to the shelter and a huge amount of students reflected at the station and wrote some thought provoking comments about refugees and asylum seekers on the prayer station.



**Mrs L Holliday**  
Head of Pastoral



## Sixth Form Art Studio

The Sixth Form students who are studying A-Level art have been lucky enough to be given a space which will be turned into an art studio.

Room 202, which was a food technology room, is undergoing a makeover based on plans dreamt up by the Sixth Formers. Students planned for a multi-purpose space which features 'zones' for printmaking, painting and ICT work. Each student will also have their own individual working space, including a pin board, which they can use for project inspiration. Students have been involved in the whole process, from planning the layout of the room, to choosing the paint colour; they are even planning an exhibition to celebrate the room being completed!

So far the room has been painted and we can't wait to see the finished result after half term.



**Mrs R Stead**  
Assistant Headteacher/Head of Art

## Guitar Lessons

We have had the most fantastic opportunity to have Miss Adamson join us in the music department. This has allowed us to take advantage of her skills as a guitarist, which has enabled all students in Years 7 and 8 to take part in guitar lessons. 52 students have taken advantage of this opportunity and have made significant progress in developing their skills as guitarists.



Students have been learning the appropriate posture and technique when playing the guitar. Using themes from films such as 'Harry Potter' and 'I'm a Believer' from *Shrek*, everyone has learnt how to read tablature, a form of guitar music notation. Recently, students have learnt how to read chord diagrams in order to play well-known songs such as 'We Will Rock You', 'Say Something' and 'Hall of Fame'. Many of these songs only use two or four chords! They will shortly be learning more about music notation and learning to play a piece that everyone can play together as a guitar ensemble.

The students have really enjoyed their lessons and have made comments such as: "Playing the guitar is hard work but Miss makes it fun and interesting"

"the lessons are really good fun" and "it's really fun learning this new skill, I want to learn more and get better".



We would like to thank Mr Tromans for giving us the opportunity to utilise Miss Adamson's amazing guitar skills and for giving all students in Years 7 and 8 the chance to take part in guitar lessons.

**Mrs D Graham & Miss L Adamson**  
**Music Department**

## School Council

The School Council is now into its second term and is starting to have a measurable impact within school. Some of the issues we have raised are;

- Access to the canteen for lower school at break – all students now have access.
- Extra-curricular clubs/activities – additional clubs and activities now take place
- Food in the canteen (still under consultation)

To ensure that all student voices are heard the School Council is supported by Year Councils, which are run by Heads of Year and have representatives from each of the tutor groups. The agenda items are discussed there, with the views from the Year Councils taken to the School Council to be discussed by all of the year groups. As a result of this any decisions are ones that have been made across all year groups and all year groups are consulted upon.



As a School Council we are aware that we are still in the early stages and we are excited about the impact that it has had so far, not just across our school but also outside of Netherhall and into the community. To this end, we have become members of the Maryport Joint Schools Council. This meets every half term at Netherhall, with representatives present from the junior and infant schools in the town. We are already contributing towards a couple of projects through this, including revamping the art work in Mill Race Lonning and we are looking forward to being involved with many

other projects in co-operation with other schools in and around Maryport.

**Lee Wassell**  
**Pastoral Lead Teacher**



# THE SPORT



## Boys Rugby

Well done to Year 9 for beating Whitehaven Academy 69-0 in the Cumbria Rugby Union Plate.

Training will continue every Tuesday night after school until 4pm

### Upcoming Fixtures

TBC – Yr 9 & 10 Cumbria Plate competition  
16<sup>th</sup> March - U-15 Schools 7's @ Penrith  
21<sup>st</sup> March - U-14 Schools 10's @ Penrith  
7<sup>th</sup> April - Yr 9 & 10 - Tournament at Kingston Park, Newcastle (followed by food and the Newcastle Falcons –v- Gloucester game.)

## Cycling

### Netherhall Go-Ride Club

Netherhall Go-Ride Cycling Club will begin after February half term every Tuesday after school with myself and Mr. Horton. Initially, we will focus on teaching basic skills for safety and to improve bike handling. Following this, as skills develop, we will take groups out for mountain biking trips and touring trips along the coast. The whole aim of the club is to get students on their bikes and start enjoying the sport. So if any student wishes to take part they should come and find one of us to find out a little bit more.

Mr N Fulton  
PE Department



## Living for Sport

Our pupils in Learning Support take part in a weekly Living for Sport lesson where they experience a variety of physical activities. They experience a wide range of sporting activities, from using the trampolines to table top cricket. They learn how to use different equipment, follow different rules and learn how to keep fit and active. The pupils gain confidence on how to be team players, team leaders and understanding the rules of sport.

Mr Holliday, with help from Mrs Birkett, has been training the team to take part in sports competitions against other schools. They have competed in football, table top cricket, boccia and tag rugby tournaments. Our aim is to represent Allerdale in the Cumbria Schools Games 2017, in June at the Sands Centre, Carlisle. In 2016 we represented Allerdale in the table top cricket event. At the moment the pupils are busy attending extra lunchtime practices for their upcoming Boccia Tournament at Lakes College.

Good Luck at the tournament!! Let's hope you bring the trophy back again.



Learning Support Department

## Gymnastics

The newly formed Gymnastic Club has been a huge success. On Monday nights, 3-4.15pm, the Year 7's come and practise their skills and these girls are amazing! Come on boys we need you as well. We have started building up a routine which looks great.

On Thursdays, 3-4pm, (Year 7-9) the focus is on skill development for all abilities. It is fantastic when pupils want to have a go; especially those who have had no gymnastics training. On Thursdays we join up with the Trampolining Club. Some pupils do both and some stay and do gymnastics.

The pupils are amazing, but the club would not have been as successful without Ellie Dempster and Chloe Mumberson. These Year 10 pupils are choreographers and helpers and are doing a great job.



Mrs L Holliday  
PE Department /Pastoral Lead

## Cross Country

Congratulations to Aliyah Holmes who, before Christmas, qualified for the Allerdale squad. Aliyah had a great run at Sedbergh Grammar School in the Minor Girls Competition and finished 10<sup>th</sup> overall, giving her a place in the Cumbria squad for the North East and Cumbria Competition which took place on Saturday, 4<sup>th</sup> February. Aliyah gave it her best shot, on an extremely cold, wet and muddy course to finish a very respectable 30<sup>th</sup> out of 80 runners.



Well done Aliyah, I am sure this success will continue on the track in the summer months.

Mr N Fulton  
PE Department

## Football

### Fixtures and training

There will be football fixtures starting after February half term. The first game will be for Years 7, 8, 9 and 10 on **Thursday, 2<sup>nd</sup> March** at Cockermouth. Training will continue to be on a Wednesday after school 3-4pm.

## Netball

At the moment all we have left to play are two tournaments for Year 7 & 8. As our focus is now on girls rugby the netball training would usually stop, however we have a group of Year 10 netballers who have been running the netball training for Year 7 & 8 and it is going really well, which means students can play netball all year round.

Thank you to Chloe Routledge, Jessica Johnstone, Lindsey Hewitt, Emily Brown and Angel McCormick.

**Upcoming Fixtures**  
**Wed 15<sup>th</sup> March** – Yr 7  
Netball Tournament @  
Keswick  
**Wed 29<sup>th</sup> March** – Yr 8  
Netball Tournament @  
Keswick

## Girls Rugby

Year 7, 8 & 9 girls have now finished their coaching sessions with Workington Town RLFC during their PE lessons. They thoroughly enjoyed working closely with Marnie and would like to take this opportunity to thank her for all her support. For those students that have enjoyed rugby we now have training every Tuesday, 3-4pm, and it would be wonderful to see even more students attending this. We currently have around 35 students attending. So far the only competition we have taken part in is the U15 & U18 Rugby Union Tournament – where the girls were amazing and exceptionally well behaved. The Year 9's finished in 1<sup>st</sup> place in this tournament, despite playing against students who were older than them, which means they now qualify for the regional finals on 30<sup>th</sup> March. Well done to all the girls that played in the tournament, hopefully, we can match last year's achievements by getting to the National Finals again.

Well done girls and see you at training.

**Upcoming Fixtures**  
**Tues 28<sup>th</sup> February** – U15 Rugby Union  
Tournament @ Ulverston VHS  
**Tues 7<sup>th</sup> March** – U13 Rugby Union  
Tournament @ Kendal RUFC  
**Thurs 30<sup>th</sup> March** – U15 & U18 Regional Event  
@ Ryton RUFC  
TBC end of March – Rugby League  
Tournaments



Mrs L Holliday  
PE Department/ Pastoral Lead

# Sports Centre News



The up and coming events happening at the Sports Centre during the holidays.

## Sports Prefects

I would like to say a huge thank you to our Sixth Form Sports students who are doing a fantastic job promoting sport at Netherhall.

Our Sports Prefects are now playing a leading role within the planning and delivery of the fifteen Primary School competitions which are being held annually at Netherhall. They are also managing the provision of lunchtime sports clubs for other Netherhall students.

Our students and staff have worked hard to deliver enjoyable and well managed activities for the hundreds of attending pupils, parents and teachers, who have expressed many positive comments highlighting their friendliness, helpfulness and professionalism.

Participation and choice across all sporting provision has grown at Netherhall due to our students 'involvement and long may it continue.

I would like to take this opportunity to thank our Sports Prefects for all their hard work, support and for doing such an excellent job of showcasing themselves and Netherhall School.

Thank you also to all the Netherhall students who have helped with the delivery of the primary school competitions.



**Sarah Scott**  
Sports Development Manager



## Let's Get: Active!!



**FREE** Half Term Activities for  
children aged 5-12 years  
at

**Netherhall Community Sports Centre  
Maryport**

**Time: 10.30-1pm**

**Date: Thursday 23<sup>rd</sup> February**

### Activities include:

- Free trampoline sessions
- Games and sports



Lunch and drink provided so booking your  
child's place is essential. Transport is  
available from the Ewanrigg Estate.....



Places are limited so for more  
information & to book please contact:  
**Sarah Scott on 016973 23401**

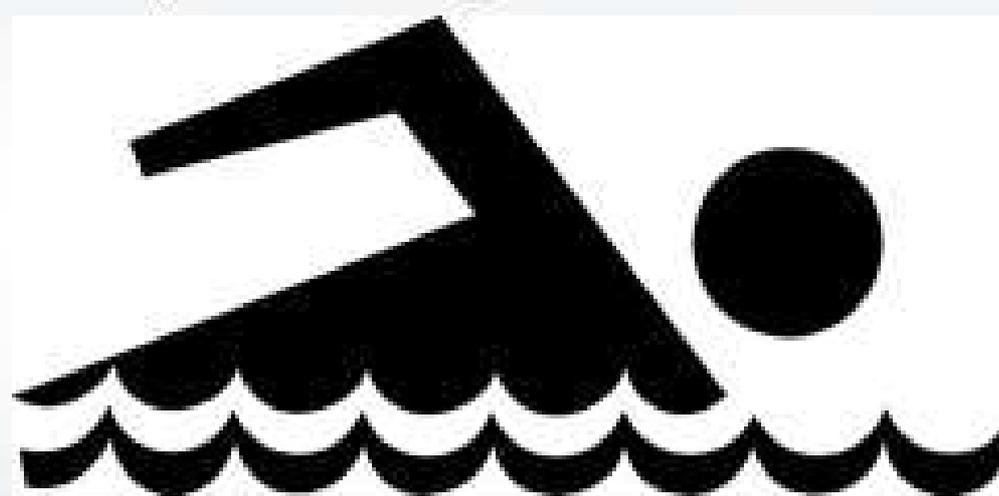
Barnardo's Registered Charity no's 216250 & SC037605

Netherhall Community Sports Centre

# SWIMMING

Crash Course

for beginners



20th-24th February

4.00-4.30pm

4.30-5.00pm

only **£3.75** per session

For more information please contact us on

01900813434 opt:3 or on Facebook

# NETHERHALL COMMUNITY SPORTS CENTRE

## Multi-Sports and Activities CAMP!

From 10am - 2pm

**£10** per child, per day



From the minute your child arrives - to the end of the day, every second of the Multi-sports & Activities Camp is bursting with fun. This camp is designed with every child in mind (from ages 4 - 11) and offers a wide scope of activities - including; tennis, football, trampolining, drawing and much more!



**DON'T FORGET TO BRING YOUR SWIMMING  
KIT, A DRINK AND A PACKED LUNCH!**

For more information - please call into  
Netherhall Community Sports Centre  
or Call; 01900 813434 OPT. No. 3



## Wednesday 22nd February



# Netherhall Pool Timetable: 20th February—24th February 2017

	Morning	Lunchtime	Afternoon	Evening
<b>Monday</b>		12.00-1.00 50+		4.00-5.00 Swimming Lessons 6.15-7.00 Aquaft
<b>Tuesday</b>	7.10-9.00 Public & Members 9.00-10.00 Aquacise			4.00-5.00 Swimming Lessons
<b>Wednesday</b>	7.10-9.00 Public & Members 10.00-11.00 Private Hire			4.00-5.00 Swimming Lessons
<b>Thursday</b>		12.15-1.15 Adults Only	1.15-2.15 Aquacise	3.00-4.00 Family Swim 4.00-5.00 Swimming Lessons
<b>Friday</b>		11.45-12.45 Adults Only		4.00-5.00 Swimming Lessons

## CLOSED SATURDAYS AND SUNDAYS

Please note - Alterations to the timetable will be kept to a minimum, but management reserve the right to amend the timetable when the need arises. Any non swimmers or children under 8 must be accompanied by an adult.