



Thursday 29th January 2015

As part of the Earl Mortimer College's continued work with Sky Sports as part of the Living for Sport Initiative we are fortunate to be assigned National Athlete Mentors. This year former South African International Rugby Player Thinus Delpoit is our mentor. He visited the College in September to help set up the 4 projects we are running and today (Wednesday 28th January) he came back for a loyalty visit.

Thinus's visit began in the Maths faculty, working with 8x2. The focus was on nutrition for Sports performance. Thinus was able to talk about his career in rugby and link to the topic of diet and nutrition. The importance of striking the right balance between energy expenditure and input was discussed, in particular calculating the required calories needed to replenish energy stores. Who said there isn't any maths in Physical Education!

9y SSLFS group were then put through their paces with a very demanding fitness session. This included shuttle runs, hollow sprints and some rugby tackle bag work. Throughout the session the students were recording their working heart rates to see if they could get it into the Aerobic Zone (60-80% of their max). 100% of the class achieved this after the warm up – they worked hard!

At lunch Thinus had 5 minutes to enjoy a sandwich before being interviewed on EMC radio by Year 8 students; Ianto, Tyler, Tom and Nate. Thinus was asked about his career in Rugby Union and how the professional era had impacted upon the sport. Thinus just had time to help with Archery Club, run by Miss Phillips.

During PM reg Thinus worked with the 10x SSLFS group. They shared their experiences at the Sky Sports Skills Studio and showed the video they made on this. The students have been asked to make a video report on this Summer School Games Competition so were keen to get some tips. Thinus was able to offer some helpful advice on presenting skills giving examples of his own personal experiences in working as a pundit for Sky Sports Rugby.

Finally, Thinus worked with the Year 10 Catering Group. This session was very much question and answer. Thinus was able to talk about his role within the SSLFS initiative but most beneficially for the class talk about diet and nutrition for elite sports performance. The do's and don'ts!

Another super athlete mentor visit and the fourth time Thinus has been to Earl Mortimer College. We look forward to seeing him again in the near future.

Mr P Bescoby

Year 10 Learning Manager

Sky Sports Living For Sport Co-ordinator



Parents, Carers and Student



Dates to Remember: February 2015

Thursday 5th – Gifted & Talented Trip to Bath

Thursday 5th – UK Maths Challenge

Friday 6th – Year 10 BTEC Sports Trip to Sky Studios London

Friday 6th – PTFA Disco 7pm

Tuesday 10th – U12 County Netball (Hereford Academy)

Wednesday 11th – Herefordshire Winter Games

Half Term – **Monday 16th to Friday 20th February**

Thursday 26th – Year 10 Parental Consultation Evening 3:45pm

Thursday 26th – U15 County Netball (John Kyrle)

remember

A FEW DATES FOR THE DIARY



Chewing gum is not allowed in school, you all know that this is the rule. For it clings to our shoes and sticks to the Street and is often found under a table or seat. So come on you chewers, pay attention. Gum chewing here means a 15 minute detention!

Check out... the Art work in Leominster Library. There are a number of stunning paintings on display that have been produced by our very own Year 12 BTEC S



Thank You from the English Faculty!

Thank You!

Thank You!

Thank You!

The English Faculty would like to thank Year 11 students for their hard work and mature approach to the recent mock exams. The exams ran smoothly and showed many signs of success. Above all, it was an excellent opportunity for students to see what the English GCSE exam entails. Students are encouraged to start preparing for the actual exams early and seek the support of their teacher every Tuesday after school.

Meet the staff – Mr Shill (English Faculty)

What did I do before joining EMC?

I completed an English and Sociology degree at University of the West of England. Once I had graduated I returned to Devon and found employment working in pensions administration. I soon realised that this wasn't for me and decided to follow my family footsteps and pursue a career in teaching. I have now been teaching English for six years. I have also taught Drama and Media Studies in previous schools.

What do I like about EMC?

The first thing that struck me about EMC was the fantastic building. I have been inside several other schools and this is by far the most impressive. It is an amazing space to work in on a daily basis.

I have also been made to feel extremely welcome by the students. They are friendly and welcoming and have helped me settle into College very quickly.

Plans?

My first plan is to teach my classes to the best of my ability and help students reach their targets. I aim to be available as much as possible to help students, especially those working towards exams, with their work.

I would also like to become more involved with the library and helping with Drama trips. It would also be fantastic to see students in English complete more of their learning outside of the classroom.

About me:

Although I have only recently moved to the area, I have been visiting with my wife for over 11 years. We have recently bought a house in the countryside across the Welsh border and we are still in process of unpacking boxes, moving furniture and planning decorating.

I have two young children and spend the majority of my free time with them. We enjoy walking our dog in the forest near our home, swimming or visiting the skate park.

I love music and books (surprise!) and also have a passion for classic cars. I have done a large amount of travelling in the past, which is something I would like to do more of in the future.



Year 10 Quiz Update

	Week 12	Position	Running
Eagle	10	4th	137
Falcon	16	1st	139
Hawk	15	2nd	144
Osprey	12	3rd	129

10 KEA

House	Week 12	Position	Running
Eagle	1	4th	28
Falcon	3	2nd=	20
Hawk	4	1st	30
Osprey	3	2nd=	27

10 GGM

House	Week 12	Position	Running
Eagle	3	2nd=	31
Falcon	4	1st	31
Hawk	1	4th	25
Osprey	3	2nd=	18

10 VKJ/CLC

House	Week 12	Position	Running
Eagle	1	4th	26
Falcon	3	2nd	30
Hawk	4	1st	32
Osprey	2	3rd	17

10 CRJ

House	Week 12	Position	Running
Eagle	2	3rd=	23
Falcon	2	3rd=	30
Hawk	4	1st	31
Osprey	3	2nd	27

10 CGS

House	Week 12	Position	Running
Eagle	3	2nd	17
Falcon	4	1st	22
Hawk	2	3rd	10
Osprey	1	4th	13

Medication Information

It is the season for all sorts of illnesses and we have had a number of students well enough to return to College but who are still taking prescription medication. We just wanted to let all parents know that we are **ONLY** able to give your child medicine that has been prescribed by a medical professional and will need you to complete and sign a form to enable us to do so. A copy of the form is available on College website or you can collect one from Reception.



Year 7 Update

It is great to see the students enjoying being in their new classes since the big Review in the New Year. We visit the lessons frequently to see the exciting projects the students are working on; frankly, it is so exciting that many of us wish we could go back in time to start in Year 7 all over again!



Earl Mortimer College – Meet the Governors

A huge Thank You to EMC News. Over the coming editions EMC's Governing Body hope to introduce themselves and feature some of the work that they do in the background at school.....

Hello,

I would like to introduce myself, my name is Georgina Harris (Gina for short). I am the Chair of Earl Mortimer College & Sixth Form Centre Board of Governors.

The Governing Body of a school is a team of people from all sorts of backgrounds who volunteer their time to work together to perform statutory duties to support the Principal and the school.

Our role is to set the vision, ethos and strategic direction of the school we then monitor and constantly evaluate the progress the school is making toward the achievement of those aims and objectives.

I was elected as a Parent Governor and appointed to the Board in April 2010, from September 2013 I have also been the Chair. In addition each governor is linked to a particular faculty within the school and a specialist committee, I am linked with the Modern Foreign Language Faculty and sit on the boards Resources and Finance Committee.

I have lived in Leominster since 1984, our three children have all been educated through Leominster Infants, Primary then Earl Mortimer College.

My working career started in the banking sector; in 2001 I then moved into Further Education, not as a teacher but in the Operational and Management side of things. My experience is in vocational education for learners from the age of 14. My record breaking learner, who has been an inspiration to me was a gentleman aged 92, he wanted to learn how to use a computer so he could write his memoirs. Needless to say through motivation and determination he succeeded and achieved his goal.

I am passionate about the value of education and making sure that we continue to deliver the best education we can for our community of Leominster.

I am immensely proud of EMC's Staff, Students, Parents and Carers who all contribute on a daily basis to make our school the success it is.

Yours

Georgina Harris



Sixth Form News



Young Enterprise Group – Easter preparations

After a very successful Winter and Christmas campaign selling the majority of their products, the Young Enterprise group are now preparing for the next big event which is the Hereford Easter Fayre. Watch this space for future products!



UCAS Applications

Congratulations to all our Year 13 students who have successfully received formal offers from their respective Universities. It's now all down to getting those valuable results in the Summer...good luck!



GCSE Resit success

Congratulations to the following students who have successfully achieved their grade C in the English GCSE resit:

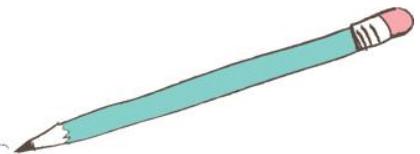
Jordan Kelly
Imogen Ramshaw
Beth Griffiths



Dates for the Diary

A/S Level Trial exams -
13th February – End of Half Term
23rd February - Start of Term
March – Interim Report 2
27th March – End of Term

remember



A FEW DATES FOR THE DIARY

EMC Sports Specialism - Inside Sport

U15 Boys Make History!

Hereford and District Schools have made history by becoming the first city side to reach the semi-finals of the ESFA Playstation Under-15 Inter-Association

Wilf Munn, Ollie Smith, James Hancocks and Greg Preece grabbed the goals in an excellent 4-0 away win against Oxfordshire's Vale of Whitehouse on Saturday.

The home side had gained some impressive wins, including beating Southampton and Coventry away.

Richard Wydenbach, chairman of the Herefordshire Schools Football Association, was delighted with the win.

“The two full-backs **Ben Hardman** and **Dan Pugh** also found time to help the midfield and goalkeepers Liam Griffiths and George Tindale were very secure in their play.”

Well done boys and good luck in the next round.



Cross Country News!

Many congratulations to the boys and the girls who ran in the freezing conditions at Lady Hawkins on Tuesday.

The results are in.....

Individually Kim Holland second place in the Girls Race and with the rest of the team placing's the team of girls were fourth overall. The Boys team all came in together mid-field and also came in fourth place.

Many congratulations to all of them. Well run!



Rugby Leaders Deliver!

Last Friday saw a number of pupils from Leominster Primary School come over to Earl Mortimer for some Tag Rugby training. With big tournaments approaching in the second half of their season the pupils were keen to seek the expertise of our Young Rugby Leaders Taylor Morgan Jones, Aaron Taylor and Sean Powney and Matt Griffiths. These four put them through an intensive fitness session then onto specific skills drills to improve individual and team play. The session finished with some competitive situations where the pupils could put their new skills to the test. The visiting staff complemented the leaders on their knowledge and organisational ability together with a fabulous rapport that they developed with their young charges.

Very well done to all, especially our Young Leaders.