



Edition 5 of 2015/16 – Thursday 25th February 2016

Is it just us or can you see the beginnings of spring around you too? It's a wonderful time of the year when new life appears in our gardens, in our trees and the rolling hills of Herefordshire.

Here at EMC, the 2-acre Conservation Area is becoming a noisy place as the birds are building their new nests. No sign of the frogs or newts yet, peeping up from beneath the pond ice! Likewise, more of the students are venturing outdoors to enjoy the fresh air during social times, as the courtyards are already starting to show a splash of spring colour.

Another feature of this time of the year is the Awards Season which is now in full swing. At the time of writing, we have just enjoyed the best of British musical talent on display at the Brit Awards. Of course we all know that the Brits are in fact the "warm up event" for our very own EMC Annual Awards, which is coming up early in May. Our students know that their teachers are already considering who might be this year's nominees for these prestigious awards! *nominees will receive a personal invitation to the event.

The countdown is on!

Parents, Carers and Students



Credits Galore!

Here at EMC, we are always pleased to help spread a little happiness. What better way to do that than by awarding a fresh set of gifts from the Prize Cabinet? Congratulations to Dec and Josh on receipt of their gifts; they cashed-in their credits in return for prizes which are proudly funded by the PTFA.



Piece of Cake!

Trish from Year 10 became an overnight superstar in GCSE Geography this week by creating a 3D model of a river... with a twist! Instead of getting messy with papier-mâché and glue, Trish made the tastiest cake ever, complete with coloured icing to show the river, the riverbanks and a random frog floating downstream on a lily pad. It almost felt a shame to eat it (albeit for just a brief moment). Thanks Trish, you made Mr Wharam and the rest of the class extremely happy this week!



Are you a Word Millionaire?

Since September students across Key Stage 3 have read a total of 2,325 books and 58,662,573 words! Year 7 lead the way with an impressive 1021 books, with Year 8 and Year 9 following on with 853 books and 451 books respectively. Our Accelerated Reader scheme is now up and running smoothly and we are seeing increasing engagement with the library, with many students regularly borrowing books and, more importantly, enjoying them! We are also now being assisted in the library at break and lunchtimes by a helpful team of student librarians.

We have vastly improved our book stock in the library through the generous donations from the PTFA and the Foyle Foundation. These grants have enabled us to order many popular books which students have requested as well as sourcing higher level books to push our avid readers and lower level books to support struggling readers.

Our current Word Millionaires are:

- Thomas Barnett (Year 7)
- Harry Burke (Year 7)
- Matthew Chedgoy (Year 7)
- Lily Fisher (Year 8)
- Oskar Hart (Year 7)
- Tom Howarth (Year 8)
- Madison Jones (Year 8)
- Chloe King (Year 8)
- Amy Small (Year 9)
- Alwin Thomas (Year 7)

All these students have read over 1,000,000 words since September whilst maintaining a pass rate above 80% in their book quizzes – an amazing achievement!

FOOD MATTERS!

Are you eating healthily? Do you buy snacks on the way to College like crisps and chocolate instead of having breakfast?



Did you know that the College Caterer offers a breakfast service from 8:15am each day? Prices start from as little as £0.25p and are cooked to order. Come along and ring Jan's bell and have breakfast at College - start your day the right way.

There will be a new lunch menu running after half-term, but don't worry some of your old favourites will still be there. Look out for the new 'Pasta Bar' which will be a regular weekly feature.

The Nutritional Standards for School Lunches do not allow sweets, chocolate or savoury snacks such as crisps, fizzy pop and other high sugar drinks to be served by our in-house Caterer, so if you want to take the guess-work out of what a balanced healthy meal should contain let the Caterer, Alliance in Partnership, do the work for you. A Main Meal & Pudding Deal is currently £2.12 per day.

If you prefer to bring lunch from home, the following foods are suggested as what a healthy lunch box should include:

- A good portion of starchy food, for example wholemeal roll or bread, wraps, pitta pocket, pasta or rice salad.
- Plenty of fruit and vegetables, for example an Apple, Satsuma, handful of Cherry Tomatoes or Carrot Sticks, mini-can of fruit chunks in natural juice or a small box of Raisins.
- A drink of semi-skimmed milk or a portion of dairy food, for example individual cheese portion or pot of yogurt.
- A portion of lean meat, fish, eggs or beans, for example ham, chicken, beef, tuna, egg or hummus.
- A drink, for example unsweetened fruit juice, semi-skimmed milk or water.



The Caterer has to adhere to strict guidelines with regards to the ingredients they use whilst cooking because of the potential for somebody to have an allergic reaction. If you bring food in from home, you are also asked to be mindful of others around you who may have a food allergy or intolerance. We have students in College who are allergic to all sorts of things including nuts - peanuts, pecans, hazelnuts, cashews and almonds – so please try to avoid foods and snacks with these ingredients. There are a number of water fountains located throughout the College where students are encouraged to fill a water bottle brought from home. Fizzy, sugary and energy drinks are not allowed in College.

Look out for the new server layout after half-term. There will be separate server queues for Hot Food, Pasta and Sandwiches.

One last thing – just a reminder that chewing gum is a banned item at College. You should not be chewing gum at all - even at social times



EMC Sports Specialism – Inside Sport



Leadership continues to thrive at EMC!

The Year 10 Girls PE group lead a festival for 50 of our feeder primary pupils from Years 1 and 2. They designed short skills based activities using the fundamental skills of passing and receiving different sized balls and using hands, feet, rackets and sticks. The children worked hard and visiting staff were delighted with the levels of concentration and the effort put in by them. They were also pleased to see our Year 10's, some of whom they had taught some five years ago and how they have developed into such delightful Young Leaders. Well done to the Year 10's.



Tara wins Bronze!

Tara Adams – 10AYK represented her Leominster Tae Kwon Do club at the recent West Midlands TAGB Championships. Tara, a 1st Dan black belt, competed against other female black belts from across the Country in team sparring and came away with a bronze medal. Tara is currently in training to compete in the World Championships in the Summer – here's hoping she brings back some more bling!



Year 7 Footballers kick off with a win!

The first match of the season for the Year 7 team ended in a well fought 4-2 win against Aylestone. After man of the match, Harrison Summers put the boys 1-0 up in what seemed to be a nervy start to the game, EMC began to play good football and scored another 3 times through Harrison, Harry Burke and Joe Bufton to make it 4-0. Some tired defending allowed Aylestone to pull two goals back late on, but it wasn't enough to beat EMC in what turned out to be a solid first display of the season.



The Year 8 Sky Sports Living for Sport Group has decided to run a Dodgeball Challenge, with focus on developing team building. The sessions will be during lunch time on Tuesdays and Thursdays from 1st March, for Year 7 and 8 only.

We look forward to seeing you there!

Y8 SSLFS Team

