

Heartbeat



Monday, 7 March

Issue 21

Pupils go slip slidin' along

Sacred Heart's skiers all returned safely from their trip to Austria at half-term, writes *Head of English Mrs Fraser, who also attended the jaunt.*

Everything went very smoothly and a good time was had by all.

Memories are made on this holiday. If you ask any pupil who has already been on the ski-trip, they will tell you it was the best holiday they ever had.

On Friday, 11 February, an excited crowd gathered at the front gate, clutching pillows and travelling bags while parents helped the coach-drivers to lift luggage into the hold.

Some bags were so big we wondered if one or two pupils were trying to smuggle their friends on board!

Misty-eyed

Eventually, all was loaded and we set off. One or two mums looked rather misty-eyed as they waved their little cherubs off on a holiday of a lifetime.

Twenty-six hours, one ferry-ride and five countries later, we all arrived outside the Ennshof Jugendhotel.

This has been the destination of the last six ski trips and it is the best of its kind. The

Turner family who own the hotel are welcoming hosts who have become old friends of Sacred Heart.

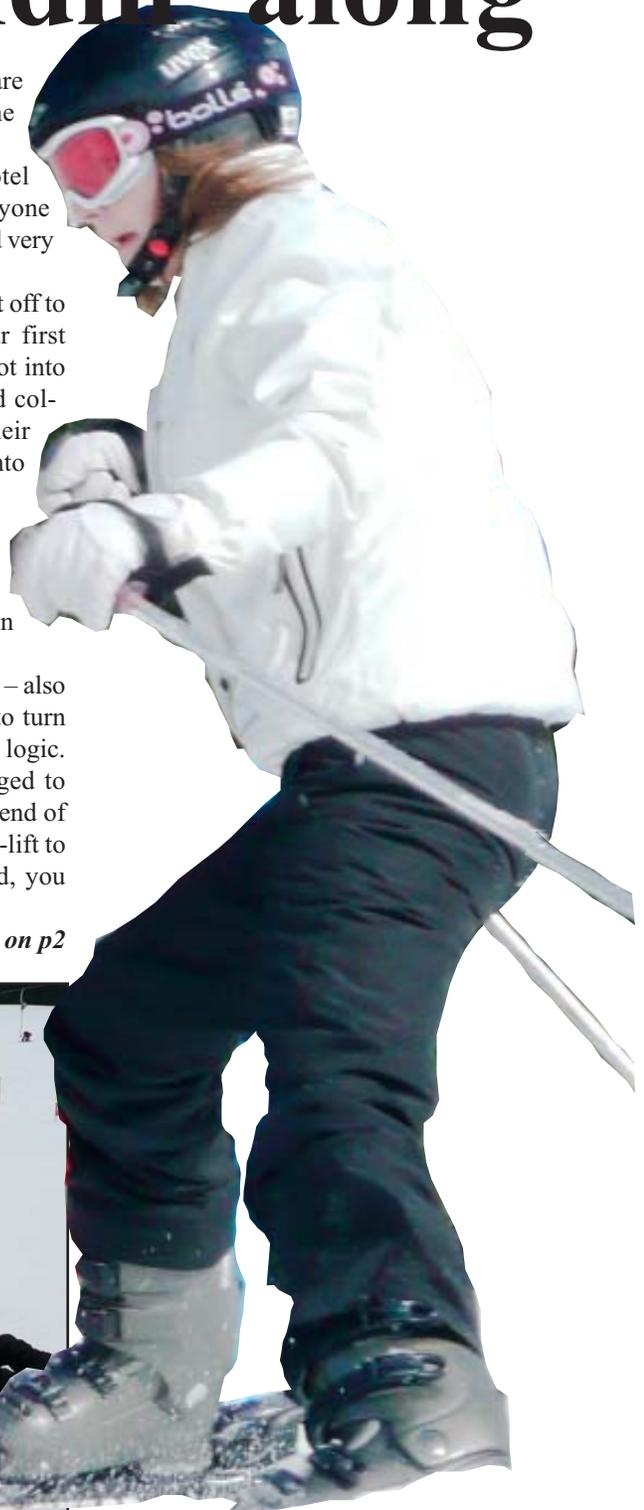
Our last port of call before the hotel was the ski-hire shop where everyone was fitted with skis, boots, poles and very importantly: helmets.

Next morning after breakfast, we set off to the nearby resort of Eben for our first day's skiing. Very quickly pupils got into the routine of putting on boots and collecting skis and poles ready for their lessons. Soon we were all sorted into groups.

How hard can it be, you ask, to slide down a mountain? Ask any of the pupils. Sliding is fine; it's stopping that's tricky! One pupil ended up in the car-park...

The next skill is to learn how to turn – also tricky: to turn left you lean right; to turn right you lean left. It seems to defy logic. Amazingly, so many pupils managed to get to grips with all this that by the end of the first afternoon, all used a button-lift to get to the top of a green slope and, you guessed it - slide down in perfect

continued on p2



Rich pickings at Rags spectacular

The recent Rags 2 Riches event has been hailed a massive success by one of the event's models. Meg Williams (9R) said she enjoyed the show and would be happy to strut her stuff on the catwalk again. She said: "The evening went down a treat and was enjoyable for all. I enjoyed it and would do it again at the drop of a hat." The African-themed event, aimed to challenge our 'Disposable Culture', by recycling donated clothing and re-fashioning them into contemporary outfits. All money raised from the Rags 2 Riches event will go to the Waterloo Partnership.



The week in brief

GCSE and A2 Art examinations continue this week. Tomorrow, SVP meet at 3.30pm in Nazareth House and Y11 Duke of Edinburgh (DoE) students meet at 3.45pm. On Wednesday, the SVP Feed the Homeless initiative continues. On Thursday, Silver Surfers meet after school, the Y10 DoE students meet at 3.45pm, Y11 at 4.15pm. Also on Thursday, there is the Y7 Consultation Evening. On Friday, the Y10 pupils complete their work experience and on Saturday the RSC Young Analyst of the Year takes place at Liverpool University.

continued from p1

schnowplough formation. Day by day, thanks to expert instructors, rapid progress was made by everyone so that by day three, which we spent at Forstau, all groups skied down a mountain.

There were some falls and some tears and a couple of twisted knees, but all safely skied a mixture of blue and red (intermediate) slopes.

A small group of experienced skiers and four of the staff were matched with the lead instructor. The first couple of days were spent brushing up on technique and skiing some long runs. By day three, the pupils and not quite all the staff (!) were ready to practise a fairly fast slalom course and some speed runs.

On day four, at Flachau-Winkel, only Mr O'Malley was brave enough to keep up with the top group.

Slalom

Thursday was Race Day. Apart from two pupils who hurt themselves just before the race, everyone completed a slalom course. Then all the ski-instructors came to the hotel in the evening to present every pupil with a certificate and the top three in each group with bronze, silver and gold medals. Through the week, staff were observing pupils in order to award special prizes for 'Most Stylish Skier' (Michael Gilmore), 'Fashion Guru' (Sasha Garforth) and 'Kamikaze Skier' (Catherine Harrison). All too soon, Friday came around and we only had one day's skiing left before we had to return all our equipment.

This day was spent at Radstadt and we all travelled up to 1567M above sea-level by

gondola.

Almost, everyone skied down the whole mountain. Some were able to also ski down into Altenmarkt where we had spent day two.

The holiday was not all about skiing. A range of evening activities also took place. Altenmarkt has a new swimming pool with a 'loop-the-loop' slide, which was enjoyed/endured by lots of pupils.

We went bowling one evening and probably the highlight of the week's evening activities was tubing. It is marvellous how much fun you can have with a huge inner-tube and a hill-side covered in snow! Pupils came hurtling down the floodlit hill

singly, in twos, threes and even fours shrieking and laughing. All agreeing, however that it was 'boss'.

On our night in, staff organised sports activities and a quiz. Prizes were given for the quiz (and the tidiest rooms) on Presentation night.

Thanks to the excellent behaviour of the pupils; the help of the drivers; superb support from Nick, our Rep at the Ennshof and a first-rate team of instructors, led by Marc, we all, pupils and staff included, had a great holiday.

Of course, none of it would be possible without the tremendous work and planning done by Mr Burke which began almost 18 months before we set foot on the coach. For this we offer him many thanks.

