

Heartbeat



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School run sees students 'Free their Feet' and walk



Happy feet: Students have been freeing their feet this month as they walk to school instead of coming in by car. The campaign is being run by national charity Living Streets

Our students will 'Free their Feet' this month as they look to ditch the drive in and walk to school instead.

The Free Your Feet challenge, run by national charity Living Streets and funded by the Big Lottery Fund, encourages students to walk more on their school journeys, with the chance to win a £50 shopping voucher.

Schools and colleges across the country are taking part in the campaign and Sacred Heart hopes to be one of the biggest participants.

Citizenship Co-ordinator Miss Clarke says "We all know what we see in the media about children spending their time in front of TV and computer screens resulting in lower fitness levels. This is an opportunity for students in our school to show how healthy and active they are and to do our

small part for climate change. All pupils in Years 7, 8 and 9 will be taking part in the challenge this month and I encourage everyone to join in."

Being active in our daily lives is recognised as the most important way to combat the rising tide of obesity.

Active

On current trends, more than 50% of the adult population will be clinically obese by 2050. To stop that becoming a reality, it's the young people of today who need to get more active.

Walking to school is an easy way to do that, yet only 32% of British teenagers take the trip on foot and trips by car are increasing.

Free Your Feet is a new approach to inspire teenagers to get walking more. Tony Armstrong, Chief Executive of Living

Streets said: "At secondary school, we truly start tasting independence, making the free choices and developing the habits that we will carry with us throughout our adult lives.

"One in five cars on the road at peak times is on the school run, and figures show the number of secondary school pupils being-driven to and from school is still rising. Not only that, but a quarter of under 17s say they never walk for 20 minutes or more at a time, resulting in serious consequences for their health.

"We need to make regular walking an attractive option again, and this challenge is a brilliant way to start!"

Living Streets is the national charity that stands up for pedestrians. Their aim is to create safe, attractive and enjoyable streets, where people want to walk.

Primaries' novel day out

Year 6 pupils from our three associate primary schools visited last week to promote Wider Reading during the summer holidays.

The youngsters from Ursuline, Great Crosby and St Edmund's & St Thomas' primary schools visited the College on Wednesday and participated in a short but fun session including activities to encourage them to look at a broader range of fiction.

Gillian Morgan, education co-ordinator at Crosby Library brought a selection of books along for consideration and presented each girl with a book mark for their 'Summer Read', while College Library assistant, Mrs Donegan, promoted a number of titles available in the libraries across the schools.

Helping oversee the activity was English teacher, Mrs Weekes, who said: "In the morning, small groups of boys from the primaries enjoyed a range of pirate-themed puzzles and activities leading to some excellent pieces of creative writing."

"It is hoped the girls will form a lunch time reading club when they join the College in September."

Actor to visit College

Year 10 and 12 students will have the opportunity to work with acclaimed actor, Ian Redford, pictured, today. The students will



then see a production of *A View From the Bridge* tomorrow evening at the Royal Exchange Theatre, Manchester.

Zumba crunchers

The dance fitness craze that keeps stars like Eva Longoria in shape is coming to Sacred Heart. The College's first Zumbathon takes place on Friday at 4pm at the Lower Site Sports Hall. Tickets, £5 adults £3 children, are available from Art teacher Mrs Campbell, or the Girls' PE department.

The week in brief

Examinations continue this week. Timetables for all exams can be found on the College website.



Young pupils get to touch base



Staying with the primary theme, on Friday, 10 June, pupils from all three primaries went to Nazereth House fields to participate in a rounders cluster festival.

Run by the College's Y12 sports leaders, a great day was had by all. Overseeing the event was PE's Mrs Murray, who said: "All pupils learnt a lot about the rules of rounders and

thoroughly enjoyed the afternoon. "Luckily the rain stayed away and the sunshine came out!"

The results were as follows;
Joint 1st Gt Crosby 'B' & Ursuline 'A'
2nd - Ursuline 'B'
3rd - Gt Crosby 'C'
4th - St Edmunds 'A'
5th - St Edmunds 'B'
6th - Gt Crosby 'A'