

Heartbeat



Monday, October 3

Issue 4

Seven Sixth Form students sample scenic Oxford

On Thursday, 22 September, seven students from Year 12 visited Oxford as they set about preparing for life beyond Sacred Heart, *writes Hazel Murphy (12D)*.

Hannah Barrett, Molly Whitehead, Elliott Robertson, Ciara Haverly, Sylvia Li, Holly Morgan and I gathered outside the College gates, accompanied by Mrs Garner and Mrs Fagan, to be whisked away by coach to St Peter's College, Oxford.

The trip down to Oxford went very smoothly and we arrived in time to enjoy a delicious pizza, after which we retired to our student accommodation in the College's new block.

Sleep was not the first item on the agenda and so we all gathered for a good chat on the forthcoming events of the Open Day, which was to take place the following morning.

We all woke up bright and early, ready to feast on a full English breakfast, which we thoroughly enjoyed.

The first part of the day was to be free time, before we were to meet up at Trinity College.

In groups, we set off to explore the delights of Oxford, including the famous Radcliffe Camera, the well-known Blackwell's Bookshop, where we purchased many relevant items for our unique courses, from their three miles of shelving, as well as the

famous Fudge Kitchens. Delicious.

When we reached Trinity, we were given a tour of the College by a second year student. After seeing the Junior Common Room, which everybody liked the look of, we had a lecture from the Senior Tutor of Trinity and were allocated our chosen presentations: Chemistry, Medicine, History and PPE. Everybody agreed the talks were well worth coming for and very informative.

We were then treated to the 'best food in Oxford', so say the students, whilst surveying the beautiful dining hall at Trinity College – a replica of the Great Hall of Hogwarts, minus the floating candles.

Our day was not over yet, as we headed back to St Peter's for even more presentations, as well as a mock interview, which proved to be very beneficial to all the students.

We were also able to participate in 'Tea with the Tutors', where we asked the professors questions about our chosen courses. After a full day, it was unfortunately time to bid farewell to Oxford and board the coach for the long journey back to Crosby with plenty of food for thought about our future university choices.

A visit to Cambridge is planned for June.



Seven up: Our seven Sixth Form students enjoying a taste of life at Oxford University during their recent visit there



Tower Wood trip proves to be a swinging success

On Friday, 23 September, 37 Year 8 pupils excitedly left Lower Site by coach at 4pm for our annual Tower Wood visit, *writes Miss Niescier.*

It was the start of a fun, yet challenging, weekend from which the pupils learnt lots of new skills.

After a brief meeting with one of the instructors, the first task for the pupils was to find their bedrooms and to make up their own beds. For many, this was surprisingly the first time they'd had to do this!

Then, it was time for food, where the pupils learnt how to serve dinner and set up for breakfast for the next day.

This was followed by a spot of orienteering in the dark around the grounds of the centre. Map skills and teamwork were essential for this activity, which went very well. All the pupils were enthusiastic about finding the markers necessary and some even got themselves in trouble with the 'bog goblins' who made it very difficult for them.

The pupils found it hilarious that their feet disappeared into the bog but helped each other out of it. After this, the pupils got



comfortable in pyjamas and all manner of slippers to have a lovely treat of biscuits and hot drinks before bedtime and dreams of what the next day may hold.

After a hearty breakfast, the first activity for all the groups was a range of problem-

solving tasks.

These were specifically chosen to encourage teamwork, confidence, co-operation and sharing of responsibilities and ideas within each group.

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Lunch followed, which had been made by the pupils themselves in the morning, and it was time for the pupils to use the skills they had developed in the morning during the activities they undertook in the afternoon.

Each group did a different activity from: tree-climbing, tree-abseiling, Leap of Faith, Jacob's Ladder or kayaking. The water activities were inevitably followed by jetty-jumping.

Dinner was most welcome and then it was time for a rest before the Singstar competition in the evening and a story read by Miss Cutler in the dark.

The pupils had glow-sticks at the ready and were really entertained by our 'actors', Mr Forrest and Mr Robertson.

The pupils went to bed that night ex-

hausted yet exhilarated by the day's exciting events.

The following morning, the pupils did a different activity from the previous day's list and this was followed by the raft building and racing challenge. This brought together all the skills learnt by the pupils as they had to work as a team, show leadership skills and co-operate with each other.

Adventure

All too soon it was time to pack away and return to school. The weekend was a huge adventure for all the pupils who gained a lot from it. They picked up many new skills ranging from kayaking to climbing ladders! They all developed personally as the weekend went on and their self-confidence, ability to share and work co-operatively with their peers definitely improved. Teamwork and trust were definitely key

factors in the success of the activities.

Parents were greeted by some very happy but tired looking faces on arrival back at Lower Site!

All the staff present and the Centre's instructors noticed the impeccable behaviour of all the pupils. The co-operation and eagerness of the pupils was commendable and the instructors were overwhelmed by how wonderful our pupils were throughout the weekend. One of the instructors even commented that he wished we could stay for the whole week. Our pupils certainly did the College proud and were fantastic ambassadors for Sacred Heart.

Personally, and on behalf of the pupils, I would like to thank the staff who gave up their weekend to make this trip possible: Miss Cutler, Mr Forrest, Miss Court, Mrs Sargison and Mr Robertson.



Young thespians tread the boards with top actor

Our drama students got a lesson from one of the best in the business recently as a renowned actor dropped in to give a workshop.

Star of stage and screen, Ian Redford, visited the College on Monday to give aspiring thespians some advice.

Mr Redford, who has performed in every theatre in England and whose television credits include *Only Fools and Horses*, *The Bill*, *Coronation Street*, *Eastenders* and *Casualty*, worked with students on *Commedia dell'arte* ahead of a College theatre trip to see *One Man Two Guvnors*. Hannah Coyne-Williams (12S) says she gained a lot from the workshop: "My highlight of the workshop with Mr Redford was when we got into pairs and told each other stories or anything interesting that had happened to a family member.

"Then, while we were listening to the stories, we watched how the other person spoke and acted.

"We then paired up with someone else and told the story we had just heard as though it was our own.

"The stories ended up changing slightly by the time they were passed on to the third person, just like Chinese whispers.

"I liked this the most because we got to see how the stories changed and we heard some cool stories involving Diana Ross and the Brazilian National Circus.

"I learnt a lot from Mr Redford and am very grateful he shared his time to teach us some very valuable techniques."

Mr Redford, who has recently completed a tour of *A Dish of Tea With Mr Johnson*, which he co-wrote with Max Stafford Clark, said he was 'impressed' with the students' 'enthusiasm' and 'always enjoyed' his visits to the College.



News in brief
 Drama students will be performing a play in the Drama Studio on Friday Evening. Also on Friday, all our Y12 students are involved with the NOCN, while at the weekend, there is a Duke of Edinburgh expedition.

Menu: October 3-7		
Monday		
Chicken Chasseur Saute Potatoes Veg of the Day	Sausage and Onion Gravy Mushy Peas Mashed Potatoes	Vegetable Lasagne Garlic Bread
Tuesday		
Shepherds Pie Veg of the Day	Cooks Choice Pizza Mixed Salad Potato Wedges	Quorn Bolognese Crusty Bread
Wednesday		
Roast Beef and Gravy Yorkshire Pudding Roast Potatoes Veg of the Day	Barbeque Ribs Savoury Vegetable Rice	Cheese and Red Onion Quiche Mixed Salad Jacket Potato
Thursday		
Spaghetti Bolognese Garlic Bread	Homemade Pork Pie Mashed Potato Veg of the Day	Chicken Fried Rice Curry Sauce
Friday		
Homemade Fish Cake Chipped Potatoes Veg of the Day	Chicken Balti Basmati Rice Naan Bread	Cheese Puffs Baked Beans Potato Rosti

Hot and cold meals are available every day in our dining room. We also provide an area for those students who bring packed lunches. We encourage healthy eating. For the full three week menu plan, please visit the College website.