

# Heartbeat



Monday, March 12

Issue 23

## Young skiers hit their peak on the peaks

The weather reports said it was the best snow for decades as staff and students headed off to Austria for our annual ski trip, *writes Head of English and trip volunteer, Mrs Fraser.*

The ski instructors certainly seemed to think Sacred Heart students were the best they had worked with. They were full of praise for pupils' motivation, behaviour and good manners.

It is amazing how much progress can be made in one week. Of the 80 students who left Crosby on Friday, 10th February, only a small handful had skied before. Nevertheless, all of them could ski well enough by the end of the week to enter the race.

We left school at 2pm and about 30 hours later, arrived at the Ennshof Jugendhotel. This has been the destination of the last seven ski trips and it is the best of its kind. The Thurner family who own the hotel are welcoming hosts who have become old friends of Sacred Heart. Having eaten dinner, we set off for the ski-hire shop where everyone was fitted with skis, boots, poles and very importantly, helmets.

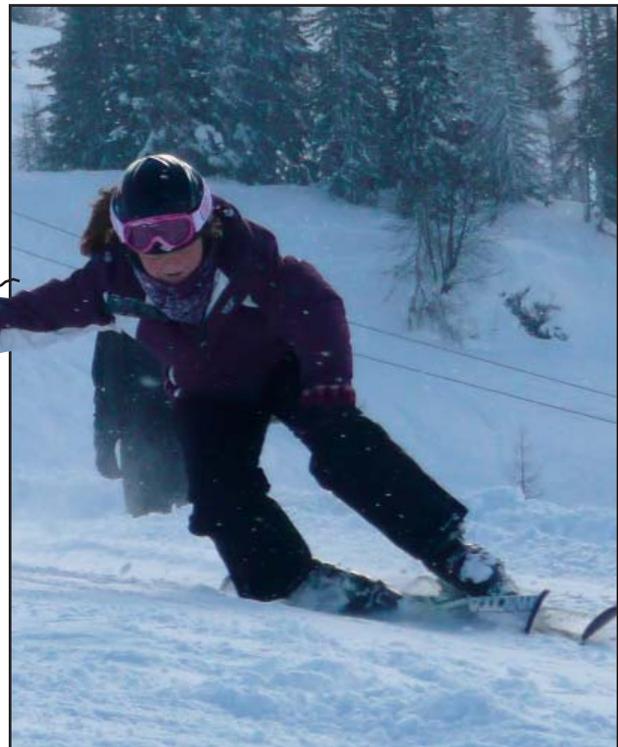
Bright and early next morning, we were all up, dressed and breakfasted ready to set off for Reitdorf, where we would spend the first two days getting our ski-legs working. By

lunchtime on the first day, some groups had made so much progress they were able to go up a button-lift and ski down part of a green slope. By the end of the day, some skied down the whole nursery slope. Nobody seemed to notice that the temperature was -5 as they were too busy concentrating on their snowplough positions.

On Day 3, we went to the amazing World Cup ski arena at Zauchensee. Here, everyone did notice the temperature of -11. When this was matched with a brisk wind and thickly-falling snow, the temperature dropped to about -18... chilly! The challenge on this day was to ski down a whole mountain and even though it was really tough-going for some, all pupils managed this admirably.

Thursday was Race Day. It was also sunny, but don't be deceived; it was still -8. We were very proud that everyone completed a slalom course. In the evening, the ski instructors came to the hotel to present every pupil with a certificate and the top three in each group with bronze, silver and gold medals.

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 travelled up to





1567M above sea-level by gondola. At the end of the day, the ski groups said sad farewells to their instructors.

The holiday was not all about skiing. A range of evening activities also took place. Sunday evening was spent at a swimming pool, which, madly it seems, has an outdoor section. 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! Students 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, a quiz and a Wii Dance competition. Lots of students showed off their moves and some of the staff were caught on camera. Thanks to the excellent behaviour of the pupils, the staff at the Ennshof, including our rep, Phil, as well as a first-rate team of instructors, led by Andy, we all had a great holiday.

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

## RE students get An Instinct For Kindness



As part of their RE studies, Year 11 students headed to The Lowry to watch Chris Lerner's, *An Instinct For Kindness*, writes RE's Miss Clarke.

All involved found it an emotional and thought-provoking experience.

During the one man performance, Chris described how he accompanied his chronically ill ex-wife to Switzerland's Dignitas clinic. He came home with an empty wheelchair and a story to tell. The moving, bittersweet show reflected on the circumstances, morality and humanity surrounding the journey and provided a very human view of this difficult and often contentious issue. Lily Spiers (11E)

said: "The play really pulled on the heartstrings, everyone who went found it challenging but worthwhile to watch"

## News in brief

A Level PE moderation takes place tomorrow. There is a Y12 fieldtrip to Coniston on Thursday. Also on Thursday, Silver Surfers meet at 3.40pm.

## Netball round-up

Year 7 beat Savio 16-0 - February 28  
 Year 8 beat Savio 31-0 - February 28  
 Year 9 beat Savio 17-2 - February 28  
 Year 9 beat St Mary's 14-4 - March 1  
 Year 11 beat St Mary's 22-5 - March 1