

# Heartbeat



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Issue 13

## Exchange students say 'bonjour' to Sacred Heart



Sixteen Sacred Heart students from Years 10-13 recently enjoyed a fantastic experience to boost their studies in French, *writes Head of MFL, Mr Sayer.*

This week saw the second annual Sacred Heart French Exchange. This is where our College pairs up with the Lycée Bellevue, a Sixth Form college in the French town of Saintes, in Western France.

Sacred Heart students are matched up with students from the French school. The French students came over here last month and each one stayed in the home of their Sacred Heart partner. This is a fantastic opportunity for all students involved to experience a new culture and way of life, as well as developing their language skills.

The French students come to improve their English and, for the Sacred Heart students, it is a chance to practise their French with

native speakers.

However, the new friendships forged over the week are perhaps what many of our students will remember the most.

The French group arrived with their accompanying French teachers, and they were enthusiastically and eagerly welcomed by our students. After a chance to chat and get to know each other a little, it was then time to go home and allow the French partners to settle into the new English families which would be their home for the next week.

On their second day with us, we enjoyed a day out together in Liverpool, where we visited the Museum of Liverpool and watched shows on the Beatles and the history of football in our city.

The French students were shown around the Albert Dock, and then there was time for them to experience their first taste of Liver-

pool retail therapy in Liverpool One.

The weekend was spent at leisure with the host families. Our students enjoyed showing the many sights and attractions of Liverpool and the region to their French partners.

During their stay, the French students spent two days in College, going to lessons with their English partners. They had the opportunity to see first hand what life is like inside a British school. They saw lessons ranging from the familiar Maths, English and French, to the not so familiar Art and Textiles.

Sadly, the time came all too soon for the French party to leave. Very early on Thursday morning we waved them off, sorry to see our new friends go, but looking forward to our visit to France to see them all again in April.

# Southend success for young cross country team



*It has been a busy few weeks for our sporting students, who have successfully competed in cross country, swimming and netball events. Head of PE, Mrs Hewlett explains.*

On the 29th November, six boys from Year 9 travelled to Southend to compete in the National Finals of the Cross Country championships.

There was great excitement on the journey down and no sign of nerves at this stage. However, by the time we had breakfast on the morning of the race, the nerves had kicked in and there was silence in the minibus as we drove to Southend School for Girls, the venue for the 4km.

After registering and walking the course, we

had to wait nearly two hours before the start of our race. There were 145 intermediate boys taking part in the race and most of them from Year 10.

The race was a very fast pace, but our boys were up for the challenge. We were aiming to come about half way on the score table, knowing that we were a year younger than most. In fact, we came 12th, with Daniel Slater taking 7th place and we were the fastest team in the North West.

Our boys, Daniel Slater, Kieran Vis, Matthew Richardson, Joe Gordon, Joe Manning and Joe Deary were a great credit to us and we were so proud of their achievements. Hopefully next year, they will qualify again and go on to greater things.

## Swimming and netball teams also victorious

Our Year 7 swimmers produced an incredible display at the Sefton Swimming Gala recently, as they won 20 out of a possible 22 events.

The six boys and seven girls also finished runners-up in the other two events.

The swimmers are; Anna Sanders, Charlotte Graham, Jessica McGinnigle, Lucy Moore, Louisa Trivett, Hollie O'Connor and Chloe Quarton. Matthew Slater, Ben Skea, Zac Costigan Daniel McQueen, Jacob Manning and Jude Ainsworth.

Congratulations also go to the Year 9 Netball Team who have won through to the North West Netball Finals in February. The girls competed in the Regional Round of the National Finals at the County Championships at Wirral Grammar recently, a competition that only the top teams in Merseyside take part in.

The girls played seven matches, winning six, losing only to Wirral Grammar. However, the two top teams qualify for the North West Finals in February. The team consisted of; Olivia Taylor-Goy (9S), Emily Crossland (9R), Alex Webb (9R), Amy Walsingham (9D), Rebecca Stevens (9S), Sophie Griffiths (9C), Alex Gilmore (9H) and Beth Phelan (9S).

## Get your kit on

Ahead of the trip to Southend, our Year 9 Cross Country team were presented with their new kits from the PTA's Mrs Haverly.

The boys, who were up against runners from, mainly, Year 10, finished a highly creditable 12th out of 25. Pictured from left are; Matthew Richardson (9E) Joe Gordon (9D), Mrs Haverly (PTA), Kieran Vis (9E), Joe Deary (9R), Joe Manning (9S), Daniel Slater (9D).



## News in brief

Year 11 mock exams take place this week. On Wednesday, the Year 8 students are off to see a panto. Also on Wednesday, we host the annual Pensioners' Christmas party. Good luck to the Year 8 students taking part in the Swimming Gala on Friday.