

Heartbeat



Monday, January 20

Issue 17

Oh My Goodness, what a healthy start to the year



Year 13 Applied Business students made a very healthy start to the New Year by visiting the Oh My Goodness juice bar, *writes Head of Business, Mrs Callaghan.*

The purpose of the visit was to find out about their marketing strategies and the methods of promotion they use.

The students went armed with 20 interview questions they had prepared and agreed in advance to discover how the business's name had been chosen, extra details of the product range and their use of social media to promote Oh My Goodness.

We were given a great welcome with samples to try of two of their raw juices: No.4 Beets, orange, carrot, ginger & lemon, and No.7 Apple, cucumber, spinach, parsley, fennel and aloe, along with some tasty protein bites.

Some of us had not been sure whether we would like them, but everyone agreed they were delicious, especially No.7.

The students learned that Oh My Goodness operates in a niche market at the moment, but one that is growing fast and that offers a range of freshly made healthy products suitable for vegetarians, vegans and rawtarians, but appealing to all.

As well as the Juice Bar, they have a three day detox course. It was very interesting to see how the two separate sides to the business work alongside each other and to hear about how it has developed from a 'kitchen table' enterprise to one with premises with overheads to manage and with exciting plans for the future.

It is so much better for Business students when they actually get an insight into how a real business operates, and the Business Studies department is very grateful to Kassi Roach, owner of Oh My Goodness for this opportunity, and for equipping the students with all the research material they need for two important A Level modules.



Bugs Gunny

Lessons were 'splurged' recently as staff and students prepared for this week's performances of the musical gangster play, *Bugsy Malone*. Set in 1929 Chicago, the show based on Alan Parker's 1976 film, is based, loosely, on events from the early 1920s to 1931 in the Prohibition era, specifically the exploits of gangsters like Al Capone and Bugs Moran. Tickets are now on sale for the performances, which take place on Thursday and Friday this week. For more information, please see the advert on p2.

Former student's charity concert

A former student helped raise money for a cancer charity last month by singing at a prestigious concert.

Now 23, Danielle Louise Thomas, pictured at the concert, right, and during her Sacred Days, below, put on a solo performance at the Metropolitan Cathedral to help North West Cancer Research (NWCR).

The singer, who was a runner-up in the Merseyside Young Singer of the Year competition in 2004, was part of a regional line-up of talent that included opera groups.

At the age of 11, Danielle appeared on television when she was asked to perform on BBC's Songs of Praise and sung Cat Steven's version of *Morning Has Broken*.

Danielle later studied voice and piano at the Junior School of the Royal Northern College of Music in Manchester.



Chief Executive of NWCR, Anne Jackson, said: "We couldn't have wished for the concert to have gone any better and it was a fantastic afternoon.

As a charity that works so hard to fund pioneering research into the causes of cancer, it is so good that on momentous occasions like this, you can reflect on the great

achievements of researchers, fundraisers and committees throughout the year.

"We have had amazing feedback from everyone who attended the concert and will certainly be looking at ways to make it happen, even bigger and better next year."

NWCR is a regional charity that raises money to find a better understanding of cancer.



Sacred Heart Presents

Adult £4

Children £2



Thursday 23rd January

Friday 24th January

St Edward Hall

Doors open 7pm

News in brief

Rehearsals for the production of *Bugsy Malone* take place today, with performances taking place on Thursday and Friday (see advert, right). Introducing Oxbridge will take place for Year 12 students from 12.05pm tomorrow.